WARNE'S EVERYDAY COOKERY





PL. 1.

STRAWBERRY CREAM. (*See page* 275). GOOSEBERRY FOOL. (*See page* 269). FRUIT SALAD. (*See page* 279).

WARNE'S EVERYDAY COOKERY

ECONOMICAL, PRACTICAL
AND UP-TO-DATE RECIPES

COOKERY BY ALL METHODS

AND INSTRUCTIONS ON

HOUSEHOLD WORK
MARKETING
CHOICE OF FOOD
LABOUR SAVING DEVICES
GAS, ELECTRIC, OIL AND OTHER METHODS OF COOKING
INVALID COOKERY
PRESERVES AND PICKLES
BEVERAGES
CARVING
TABLE SERVICE
QUANTITIES FOR ENTERTAINING
PREPARING MÉNUS, ETC.

WITH

upwards of 120 *illustrations of which* 28 *are in full colour, reproduced from actual dishes prepared from recipes described in the work*

Edited by MRS. MABEL WIJEY
(*First-class Diploma of the National Training School of Cookery*)

FREDERICK WARNE & CO., LTD.
LONDON AND NEW YORK

COPYRIGHT
FREDERICK WARNE AND CO., LTD
LONDON
1929

PRINTED IN GREAT BRITAIN

PREFACE

THIS new edition of "WARNE'S EVERYDAY COOKERY" has been re-written throughout to bring it into conformity with modern requirements and the newest methods. The recipes given are intended chiefly for people of moderate income, although a few of a more elaborate and expensive character have been included. Full detailed instructions are given so that the most inexperienced housekeeper or cook should have no difficulty in following them, and the nearest possible estimate of the time required for cooking is added.

The illustrations are from photographs of the actual dishes prepared from the recipes given in this work. The coloured plates will be found useful in showing the cook how her dish will look when ready for the table, and the diagrams of the actual operations will be found of great assistance to the inexperienced.

The names of the dishes are given in English and French, as an aid in the preparation and interpretation of ménus, and chapters have been added on The Modern Kitchen, Carving, Table Service, etc. There are also sections dealing with Meatless Dishes and Invalid Cookery, which will be found of service to the housekeeper in times of special difficulty.

CONTENTS

	PAGE
The Importance and Science of Cooking	1
The Modern Kitchen	3
Marketing Hints	17
Stocks and Soups	28
Sauces, Gravies, Batters	46
Forcemeats and Garnishes	64
The Principles of Cooking	69
Hors D'Œuvres	89
Fish	95
Entrées and Made Dishes	121
Cold Service Dishes	167
Removes	179
Roasts	196
Vegetable Dishes and Salads	206
Meatless Dishes	226
Pastry and Pastry Dishes	235
Puddings and Hot Sweets	247
Cold Sweets, Jellies and Creams	266
Savouries	280
Breakfast and Supper Dishes	284

PAGE

Sandwiches 291

Invalid Cookery 295

Bread and Cake Making 304

Beverages 320

Preserves and Pickles 327

Carving 342

Herbs 348

Ménus 349

Table Service 360

Index 364

THE IMPORTANCE AND SCIENCE OF COOKING.

The Science of Cookery is a knowledge of the choice of food and food materials, for just as an engine requires fuel to enable it to work, so the body requires certain food stuffs to keep it in working order.

A proper diet requires the judicious blending of three food elements, namely :

1. **Flesh Forming Food or Protein** which is needed for growth and for repair of waste tissues. The following are the principal foods containing sufficient protein to be of value in the diet. They are arranged according to their respective values :

Cheese.	Nuts.	Bread.
Pulse foods (dried beans peas and lentils).	Fish	Peas and Beans (fresh).
	Eggs.	Milk.
Meat.	Wheat flour.	
Oatmeal.	Barley meal.	

2. **Carbohydrates,** or starches and sugar, which supply most of the heat and power of the body, and of which a pound is required daily. The principal food stuffs which supply carbohydrates are :

Sugar.	Flour.	Bread.
Cornflour.	Barley flour or meal.	Potatoes.
Macaroni.	Maize meal.	Fresh Peas and Beans.
Arrowroot.	Dried fruits.	Bananas.
Tapioca.	Oatmeal.	Nuts.
Sago.	Pulse foods.	Fresh fruits.
Rice.	Syrup.	Milk.

3. **Fats,** which are an important source of energy, their fuel value being twice as great as that of protein and starch. The principal food stuffs supplying fat are :

Dripping.	Bacon.	Beef.
Lard.	Nuts.	Eggs.
Butter.	Pork.	Salmon.
Margarine.	Cheese.	Herrings.
Suet.	Mutton.	Milk.

Besides these three important food elements, certain minor constituents are also required, such as water, mineral salts and vitamins.

The constant loss of water from the system daily, necessitates the consumption of a fair amount to replace this loss, as water is a tissue builder.

Mineral Salts are builders of tissue and sources of potential energy. They consist of phosphoric acid, sulphuric acid, potassium oxide, sodium chloride or common salt, calcium oxide or lime magnesium oxide, chlorine and iron.

Calcium or lime is present in milk, eggs, cereals, especially rice, and in some vegetables, such as asparagus and spinach.

Iron is supplied in animal foods, spinach, the yolk of eggs, apples, strawberries, pulse foods, wheat.

Sodium and Potassium. The former is required for the proper constitution of the fluids of the body; the latter helps in the construction of the cells and muscles.

Green vegetables and fruit contain the most potassium, while sodium is chiefly taken in the form of sodium chloride or common salt.

Phosphorus is a most valuable body-building material necessary to the nutrition of the tissues and to the growth. It is found in pulse foods, meat, cheese, eggs, wheat, oatmeal, milk, chestnuts and vegetables.

Value of a Balanced Diet. As some foods are too rich in proteids and others contain too much carbohydrate and fat, the value of a mixed diet is easily understood. The housewife who has a knowledge of food values and prices is able to plan out a really adequate diet, even if her means be limited. It should be remembered, however, that the cheapness of a food depends not only upon its price per pound, but upon the *food value* which can be bought for any given sum of money.

The cheaper kinds of cheese and the cheaper cuts of meat give as much food value as the more expensive. Herrings and mackerel have a higher food value than white fish. Two and a half ounces of pulse foods contain as much protein as four ounces of beef without bone, at a much lower cost; they are, however, deficient in fat, which must be supplied in some form.

To keep the individual in good health, an ordinary diet should contain about four ounces of protein, two to three ounces of fat, fourteen ounces of carbohydrate, and a little over one ounce of mineral salts a day, but the exact amount varies slightly according to the occupation, age, build and sex of the individual, and the influence of climate and seasons.

Those engaged in heavy manual labour require more food units or calories a day than those engaged in sedentary occupations. Women require as a rule one-fifth less than men; children require plentiful food, for they are growing and are usually very active. Everyone needs more food in cold weather and in cold climates, especially a larger proportion of foods containing fat. The aged require less food, as their power of assimilation and their physical activities are less.

THE MODERN KITCHEN.

A kitchen should be looked upon as the most important part of the house, for not only is our food prepared in it, but the maids usually live in the kitchen. All kitchens should be light and well ventilated with windows that can be opened at the top. It is easy to instal above the window a ventilator which will carry off all fumes and steam from cooking, and so prevent them from spreading all over the house.

The Lighting. A kitchen should be well lighted, the lights so arranged as to enable one to see well either when preparing or cooking the food.

The Walls should be covered with glazed tiles, a washing paint or distemper, or a washing paper. The woodwork should be painted or stained a darker colour than the walls.

The Floor. Wooden floors should be covered with linoleum. Tiled, brick, or concrete floors only require rugs to stand on.

Fittings. The modern kitchen is fitted with a kitchen cabinet and a dresser, or cupboards, with sliding glass doors, a great improvement on the old-fashioned open dresser, which requires constant dusting.

A cupboard for brooms, brushes and dust pans, is often built into a kitchen.

When expense has to be considered and no cupboard is provided in the kitchen, various fitments in the shape of brush tidies can be obtained quite inexpensively.

When the kitchen is small the wall space should be utilised as much as possible by the fitting up of shelves. These should not be fixed too high, however, or they will be practically useless, for if they can only be reached by means of a chair or steps, it is unlikely that the maids will trouble to use them or keep them free from dust.

Where space permits, saucepan stands are useful.

The Kitchen Table. The newest tables have vitreous porcelain or enamelled iron tops, thus reducing cleaning to a minimum. Failing these, a piece of white oilcloth may be tacked over the table, a sheet of metal or a pot-stand being provided on which to place hot pans. One or two drawers add to the usefulness of the table.

Kitchen chairs should be strongly made of varnished wood with rush or wooden seats. If there be no maid's sitting-room,

one or two comfortable upholstered wicker chairs should be provided.

One or two rugs, which can be laid down when the principal work of the day is finished, should be provided, and a reliable clock is essential to ensure punctuality.

The Sink. If there be no scullery, the sink should be placed in a well-lighted position in the kitchen. If the back of the sink is not tiled, it should be painted with washable paint. The sink should be provided with drainage boards with racks underneath, or, if space be limited, with a board at one side and a flap table at the other. The most serviceable sinks are constructed of enamelled iron stoneware or, better still, of porcelain enamelled fireclay. The ideal sink is fairly deep and of a convenient height. A plentiful supply of hot and cold water is a necessity.

A cup and plate rack should find a place in every kitchen near the sink. Other useful fitments are a soap dish and a rack for mops, dish cloths, sink and pan brushes.

All heavy furniture should be on castors in order that it may be easily moved for cleaning and should be so constructed that ample sweeping space is allowed underneath.

A pulley clothes airer fixed to the ceiling and a roller and brackets on which to hang a roller towel is a great convenience.

KITCHEN UTENSILS.

The following is a list of utensils necessary for a kitchen where good but simple cooking for a family of six people will be undertaken.

- 3 iron saucepans (different sizes). If a range be used.
- 1 aluminium or tin fish kettle.
- 1 aluminium double milk pan.
- 2 aluminium lipped pans (different sizes).
- 2 aluminium stew pans (6¼ ins. and 8 ins.)
- 1 aluminium or enamel preserving pan.
- *1 set small aluminium pans (assorted sizes).
- 2 small enamel pans.
- 1 three-tiered steamer, aluminium or tin.
- 1 frying pan.
- 1 omelet pan.
- 3 or 4 casseroles (different sizes).
- 1 large kettle.
- 1 small kettle.
- 1 gridiron.
- 1 colander.
- 1 grater.
- 1 flour dredger.
- 1 set of skewers.
- 1 galvanised bath.
- 2 galvanised pails.
- 1 tin or enamel basin.
- 1 mincing machine.
- 2 strainers.
- 1 pint measure.
- 1 fish slice.
- *1 funnel.
- 1 egg whisk.
- 1 wire sieve.
- *1 hair sieve.

* Items marked with an asterisk are useful but not essential.

1 bread crock or tin.
1 flour mug or tin.
*1 set of scales and weights.
1 cake tin, 4 ins. or 6 ins.
12 patty pans.
12 small cake tins.
1 Yorkshire pudding tin.
1 baking tin.
1 double baking pan with grid.
A set of basins (different sizes).
4 or 5 fireproof dishes (different sizes).
2 or 3 pie dishes.
1 or 2 aluminium jelly moulds.
6 plates for cooking.
1 cook's chopping knife and fork.
2 or 3 knives and forks.
4 wooden spoons.
1 table spoon.
1 dessert spoon.
2 tea spoons.
1 basting ladle.
1 soup ladle.
1 stainless steel potato knife.
1 chopper.
1 pastry board.
1 rolling pin.
1 chopping board.
1 bread board.
1 set of jugs.
1 tea tray.
1 toaster or toasting fork.
1 metal pan scrubber.
1 pot brush.
dish cloths.
mop for washing up.
china cloths.
dusters.
2 oven cloths.
1 corkscrew.
1 tin opener.
1 pair of scissors.
1 knife board or knife cleaner.
1 knife sharpener.
1 salt box, pepper pot and mustard pot.

* Items marked with an asterisk are useful but not essential.

COOKING STOVES AND THEIR MANAGEMENT.

Nowadays, as gas or electricity is generally used for cooking, there is difficulty in many households in obtaining a plentiful supply of hot water without sacrificing economy.

It is undoubtedly far cheaper to cook by gas provided due care is exercised, and to instal a coke-fired boiler for heating water. This boiler is connected with the hot water system, and will burn coke, coal and household rubbish. It will also supply heat for three or four radiators, and if properly made up at night to ensure slow combustion, need never go out, so that hot baths are obtainable at any hour.

Improvements are, however, continually being made in the structure of stoves, and modern domestic engineers have brought out several good types which offer a satisfactory solution to the problem of heating, cooking and supplying hot water for small houses. These are designed with a view to combining the advantages of a coal cooking range with the cheerfulness of an open fire, and the heating of water and radiators at a minimum cost. The use of gas circulators or geysers also ensures a good supply of boiling water.

KITCHEN RANGES.

An Open Range is rarely seen nowadays except in the out-of-way country places and has little to recommend it, though it is

excellent for roasting in front of the fire, looks cheerful, and aids in ventilating the kitchen.

A Closed Range, which is to be found in many varieties, is much less trouble to work than an open range. Improvements are constantly being made in this type of stove. A stove with an adjustable bottom which can be raised or lowered at will, and which can be converted into an open range by a simple adjustment, is desirable.

Before using a stove for the first time it is advisable to take it to pieces as far as possible and learn how to clean it. The working of the dampers and flues must be understood, so that the temperature can be regulated.

A Flue is a passage at the back of the stove behind the iron plates. A large stove usually has two or three flues, one leading from the fire itself into the chimney, one from the oven, and a third from the boiler or the second oven with which a large stove is often supplied.

The Dampers are flat metal plates which are pulled forward or pushed back from the front of the stove, and thus open or close the flue and create or lessen a draught. When pulled out, the flue is open, a draught is caused, and the fire burns fiercely. The heat is therefore regulated by the dampers.

To use the Dampers. When lighting the fire pull all the dampers out a little, until the fire is burning properly, then push back those which are not required. Thus, to heat the boiler, pull out the boiler damper and push back the others, and to heat the oven, pull out the oven damper and push back the others. If the oven becomes too hot, push the damper in half-way.

Never shut up all the dampers entirely after the fire is lighted as the fire is likely to smoke.

All Ovens should have two ventilators, one opening into the kitchen and one into the flue. The former is a little grating on the outside of the oven door which is opened or closed by a sliding plate. The flue ventilator is controlled by a knob placed at the top of the oven. When pulled out, it opens a little door or shutter into the flue, and thus permits of the escape of the fumes of cooking into the flue.

Some stoves are fitted with reversible dampers, by means of which the heat is directed round the top or bottom of the oven as desired.

In spite of being regulated, however, a stove does not always act well. This is due to several causes :—

1. **The Kind of Coal Used.** The best coals for closed ranges are hard coal, nuts or cobbles. A cheap and dirty coal, which burns to ash, and shale, chokes up the stove with dust, and never burns

brightly, so it is false economy to buy it. Slack is useful for banking up a fire when not required for cooking purposes, as it will then keep alight for some hours without attention. Cinders should always be saved to mix with the coal for closed ranges, as they help to make a hot clear fire. Coke mixed with the coal makes a hot fire and effects a saving.

2. **Dirty Flues.** If the flues are not cleaned out regularly once or twice a week, the passages become choked with soot, which covers the boiler and ovens and acts as a non-conductor of heat. No air can be drawn into the flues, so the fire does not burn properly.

3. **The Chimney may require Sweeping.** A kitchen chimney should be swept at least every six months.

4. **Structural faults.** The chimney may be too low or too near tall trees or a higher building, which causes a down draught, or the Flues may be badly set.

TO CLEAN A CLOSED RANGE.

Daily Cleaning. Rake out the ashes and cinders into the cinder sifter or ash box, brush the loose ashes from the top, back and sides of the stove and from the plate rack, then polish with the stove brushes. It should not be necessary to blacklead the stove every day. Dust the tiles, rub up all steel parts with emery paper, or wipe them with a duster. Brush up and remove all dust from the hearth and empty the ash pan. If necessary, wash the hearth and rub it over with hearthstone to whiten it. Clean the fender and fire-irons and lay the fire. Sift the cinders.

Weekly Cleaning. Begin as for the daily cleaning. Rake very carefully under the boiler flue to clear away all ashes, cinders and clinkers. Open the dampers, remove the flue door, push in the flue brush as far as it will go, working it well in all directions. Brush the soot from the dampers and flue doors and replace them. Next lift off the rounds and rings on the top of the oven, letting the soot fall into the flue down the side of the oven or into the fireplace. Brush the rings and rounds and replace them. If there be a boiler on the other side of the range or a second oven, free them from soot in the same manner. Remove the little slide underneath the oven, hold a shovel under the hole and rake out all the soot. Clean the oven or ovens. Scrape off any pieces adhering to the shelves, brush out the oven thoroughly, and wipe it all over with a cloth wrung out in hot water and soda. Dust the stove all over, wash off any grease with hot water and soda, then black lead it or use a stove polish. Wash any tiles with soap

and water and dry them well to prevent them from cracking when heated. Stains on tiles may be removed with pumice powder.

When choosing a range, avoid polished metal fittings; they are of no advantage and take time and entail labour in cleaning.

When the boiler and oven are not required, push in their respective dampers to save fuel. When the cooking for the day is finished, open the stove and bank up the fire with cinders and slack.

COOKING BY GAS.

(Plate 4)

A gas cooker is infinitely preferable to a coal stove and is much easier to regulate and manage. By its use much time and labour are saved, and the kitchen is kept cleaner owing to the absence of soot and dust.

Great attention is given to the burners in the newest stoves in order to avoid waste of gas, and the stoves are made as easy to clean as possible. A very excellent make of stove is supplied with an automatic heat-controller to the oven, which does away with all anxiety on the part of the user. This appliance enables the temperature of the oven to be fixed at any point required and maintained at the exact heat the whole time the dish is cooking, so no further attention is necessary until the cooking is finished.

To Use a Gas Cooker. Light the oven ten to fifteen minutes before it is required, then turn it down by half. The solid or browning shelf with which most ovens are fitted, throws the heat down on to anything beneath it. When any dish is becoming too brown, the solid shelf should be removed entirely,

To Clean a Gas Cooker. Whenever the oven is used, especially after roasting, scrub it inside with hot water and soda while still warm, as, if any grease is allowed to remain after cooking in a gas stove, it causes an unpleasant smell next time the stove is used. Should the burners become clogged, clean them out with a needle or fine wire. Take out all movable parts, wash them in hot water and soda and dry them with a cloth. Remove the bars, brush and blacklead them. Wash the tray under the burners, the tin at the foot of the stove, and all enamelled linings, removing stains with powdered bath brick or salt. Polish brass taps with metal polish, rub up all steel with emery paper or powdered bath brick and Colza oil. Nickel facings are preferable to steel, as they only require wiping with a cloth and an occasional rub with metal polish.

HINTS ON USING GAS.

Never allow the flames to lick the sides of the pan. This wastes gas and does not give any more heat. The newest stoves are made

with protected burners, which cannot become choked, and which do not allow the gas to flare around the pan.

If a roaring noise be heard and the flame is yellow, turn the gas out at once and re-light it, as this indicates that the stove has lit incorrectly.

Never use a large burner when a small one will do.

Always turn the light out when it is not required. When the contents of a pan have once reached boiling point, it can be moved on to a smaller burner, thus saving gas.

Thin iron plates can be obtained which, if placed over part of the stove, enable two or three pans to be kept simmering at the same time, while using only one burner.

Use a steamer, as a whole dinner can be cooked in it over one burner. A good substitute for a steamer is a large saucepan half full of boiling water, containing several jars in which the various items are cooked.

Do not use the oven every day, but arrange to make the fullest use of it on certain days of the week, as it wastes gas to light the oven for cooking one dish.

Never use heavy saucepans for cooking ; use light, flat-bottomed ones, and see that the pans are clean underneath before they are used.

It is economy to use a cooking or hay box in conjunction with a gas cooker.

THE USE AND CARE OF AN ELECTRIC COOKER.

(Plate 3)

Cooking by electricity has much to recommend it because it is cleaner than any other method. There is no smoke, dust or sooty deposit, and less skill is required to manage an electric oven. The loss of meat by shrinkage during the cooking is only about 10 per cent., in comparison with a loss of from 25 to 33⅓ per cent. when the meat is cooked in coal or gas ovens.

In the electric range the grill, oven and boiler plates can be used separately and the heat regulated in each, making for perfect cookery control.

The very small amount of waste heat is turned into a dish warming rack. Boiling plates are usually provided of two types, with bright red heat and with black or covered elements. For water heating an urn or kettle is used with the range, leaving the boiling plates for cookery or simmering.

Electric kettles, toasters, breakfast cookers, coffee percolators, table heaters and water boilers can be obtained separately, and may be used from plug connections in any part of the house.

As with gas cookery, the utensils specially made for electric cooking with wide flat bases give the best results, and use should be made of the three-tiered steamers and cooking box when possible.

HOW TO USE AN ELECTRIC OVEN.

When roasting by electricity, first heat the oven for about 20 minutes to get sufficient heat to seal up the pores of the meat. Put in the meat and after the first 10 minutes reduce the heat by switching the current to "low" until all cooking is finished. For the last half-hour no current is needed, though in some ovens it is advisable to switch on the heat again for a few minutes to crisp the meat.

For small cakes a hot oven is required; for large ones the oven should be hot for the first 15 minutes, after which the heat should be switched down. There is little to choose between the best makes of electric ranges. A little experience enables perfect results to be obtained, as every cookery condition is under control.

To Clean. The cooker must be kept free from grease, and everything which is spilt in the oven or on the hot plates should be wiped off as soon as they are cool enough. The ovens are usually enamelled or lined with tin-plate. If they are enamelled, they can be washed; if they are tin, they can be wiped with a soft cloth and rubbed with metal polish when dirty. All nickel or copper fittings should be cleaned with metal polish; dull black fittings must be wiped with a wet cloth and polished with a dry one.

COOKING BY OIL.

(PLATE 3)

An oil stove is of great use where gas or electricity are not available. Great improvements have been made in them recently. They can be obtained in all sizes, with or without wicks. One of the best stoves for household cooking is that with three or four blue chimneys and a cabinet top which supplies a shelf for warming plates and prevents draught from affecting the heat. This stove is fitted with an oven having glass doors and the chimneys are made with small mica doors through which the flame can be seen and adjusted when too high. Smaller stoves on the same principle are excellent for the use of one or two people and can be used for boiling or grilling, or with a self-basting baking tin

Wickless stoves which generate a gas while burning are clean and easy to use, as there is no wick-trimming required. The burner tubes can be kept clean with a special needle supplied with them. Directions for using oil stoves are supplied with them.

To Clean. Oil stoves must be kept very clean and only the best oil should be burnt in them. The oil reservoir should be three parts filled before using the stove, and the oil should never be allowed to burn too low. The wicks must fit properly and should be cut as seldom as possible. Turn them low, and rub off the charred

part with paper, making the surface even with the top of the tubes. If uneven after this treatment, straighten them carefully with a pair of scissors. Wipe the burner and reservoir, first with paper and then with a soft cloth. The ovens must be cleaned like a gas oven. Before putting in a new wick, soak it in vinegar.

Occasionally the reservoir must be emptied and washed in warm soap suds. Rinse it well, then dry with a cloth and turn it upside down before a fire. The burner should be taken to pieces and put into a saucepan, kept for this purpose, with cold water to cover Add a little soda, bring to the boil, then boil for 20 minutes. Rinse in warm water. Dry with a cloth in front of the fire.

When using an Oil Stove. After lighting the wicks, turn them down for a minute, then gradually turn them a little higher, watching them in case they smoke. Thin block tin utensils are best for use with oil stoves, and they should be kept free from all sooty deposit at the bottom.

The lamps under the oven should be lighted for fifteen or twenty minutes before they are required.

CASSEROLE COOKING.

This is really a very ancient method of cooking which is now becoming very popular. Casseroles may be had in various shapes and sizes and are made in brown earthenware glazed inside, or brown or green glazed outside with white or yellow linings. White china soufflé and ramequin cases, gratin dishes and scallop shells are classed with casseroles.

Advantages of a Casserole. Food may be cooked in a casserole either in the oven or on the stove.

Less heat is required when cooking in a casserole, therefore the cooking is effected more economically.

Cheaper meat may be used, as the slow, gentle cooking softens the coarse fibres of the meat.

The food is cooked and served in the casserole, thus saving labour and washing up and ensuring its being served really hot.

It is easy to keep clean and food does not readily burn in it.

A new Casserole must be toughened before it is used.

This may be accomplished in two ways :—

1. Fill it with cold water and bring it slowly to the boil, then allow the water to become cold in it.

2. The casserole may be smeared inside and out with fat and may then be baked in a very slow oven.

A casserole is best for oven cooking. It is liable to crack if put over a hot fire or a fully turned on gas jet. It may, however, be used with good results on closed stove or over a low gas jet with an

asbestos mat under the casserole. Where a metal plate is used on a gas stove, a casserole may be placed on this plate without fear of it cracking, unless the plate be red-hot.

Fire-proof Glass Ware. Mention must be made of this attractive ware, which is entirely for use in the oven. It can be procured in all shapes and sizes from small egg pipkins to large dishes in which a turkey can be cooked. It can be used for any kind of baking and economises fuel, as the food is not only cooked by the hot air heat of the oven, but also by the heat which radiates from the walls and bottom of the oven and penetrates the glass. As this radiant heat cannot penetrate metal utensils, it will be seen that, with glassware, cooking is effected more quickly and with less fuel.

What to Cook in a Casserole. Soups, such as Pot au Feu and Marmite, stews, ragouts, stewed or baked fruit and all vegetables cooked in the conservative manner. A casserole is more used for braising nowadays than a braising pan proper, which is rarely seen except in large establishments. Pot roasting is carried on to perfection in a casserole.

HAM EN CASSEROLE.

Time—2 *hours* 40 *minutes.*

(*Jambon en Casserole.*)

1 small ham about 5 or 6 lbs.; 4 ozs. of fat bacon; ½ teaspoonful of pepper; ½ pint of Espagnole sauce (page 50); 2 ozs. of dripping or lard.

Remove the skin from the ham and cut off the knuckle. Line a large casserole with the bacon and skin of the ham; place the ham on this, pour over the lard or dripping, sprinkle with the pepper, put on the lid and bake in a slow oven from 2 to 2½ hours, according to the size of the ham. Baste often while cooking. When done, take out the ham, remove the bacon and ham rind from the casserole, return the ham to it, add the sauce, cover and cook for a further ten minutes. Serve in the casserole.

CHAFING DISH COOKERY.

A form of chafing dish was used in the earliest times, but the modern chafing dish has been perfected in America. It is a great feature of after-theatre or ball suppers, or for special breakfast dishes and picnics.

A chafing dish consists of:—

1. The upper pan or blazer.
2. The hot water or lower pan.
3. The spirit lamp.
4. The stand for the pans.

An electric chafing dish with a disc stove with two heats is now obtainable and can be fixed to any lamp, provided the voltage is correct.

The Blazer can be used alone or over the hot water pan. It is used alone when quick cooking is desired. The lower pan which contains hot water is used for re-heating foods and for keeping food warm. A good quality of methylated spirits should be used for the lamp.

A toaster, which is metal on one side and asbestos on the other, may be procured for use with a chafing dish.

A chafing dish is usually placed on a tray on a table and the food is served into the plates straight from it, so a spoon and fork for serving are placed close at hand as well as a long-handled wooden spoon for stirring.

A certain amount of preparation is necessary in chafing dish cookery, the different ingredients being measured and prepared beforehand. When meat and fish are used they are cooked first and are merely reheated in some suitable sauce, which is also made beforehand.

TO CLEAN A KITCHEN, SCULLERY AND LARDER.

The Kitchen. A kitchen, scullery and larder must be kept scrupulously clean. The walls and ceiling should be brushed once a week, and washed twice a year, care being taken not to make them too wet.

All paint should be washed occasionally.

Floors should be washed once or twice a week, using soft soap for tiled, stone or flagged floors. Stains may be removed from tiles with pumice stone. Linoleum should never be made very wet. In addition to daily and weekly cleaning, there should be a thorough turn-out twice a year after the chimneys are swept.

To Clean Ranges, Gas Cookers, see pages 7 and 8.

Wooden Tables, Dressers, Boards should be scrubbed with sand or powdered bath brick. Dust and scrub shelves, plate racks, etc.

The Sink should be cleaned every day and after it is used ; after cleaning, it should be flushed out with hot water and soda. Chloride of lime sprinkled over the sink once a week at bed-time and rinsed the following morning keeps it sweet and clean. The sink should be scrubbed after the lime has been rinsed away, and then boiling water should be poured over it. Do not let the lime touch the hands as it will burn them. A sink basket should be used to hold the pieces which would clog up the pipe, and a sink brush must be kept in readiness near the sink. Both should be washed daily. Bowls used for washing up must be kept scrupulously clean, and mops

and dish cloths must be washed out daily. Once a week they may be boiled in strong soda water.

The Back Premises. These must also be swept and scrubbed. All drains should be kept clean. Sprinkle them with chloride of lime once a week and flush them out with boiling water.

The Dust Bin. Burn refuse whenever possible; vegetable refuse may be dried and used as fuel; bones and animal refuse should be burnt. Wet refuse must not be put into a dust-bin; it will decompose, cause an unhealthy smell and breed flies. Old bottles and papers should be sold. When neither a kitchen fire nor a coke-fired boiler are available, the animal and vegetable refuse should be wrapped in paper before putting it into the dust-bin. Sprinkle chloride of lime over the contents of the bin daily—especially during the summer.

The Larder. Every week, sweep the walls and ceiling, and scrub all shelves with hot soapy water. Wash and scald the bread pan, vegetable racks (if used), wire or muslin covers for meat and meat hooks.

If only wooden shelves are available in a larder, place a slab of slate or marble on one to hold milk and dairy produce. One window should be fitted with perforated zinc to admit air and exclude flies. Ventilators are useful also in a larder.

When there is no Larder, as often happens in small houses or flats, there is usually a cupboard instead. This should also contain a window covered with perforated zinc. The wooden shelves should be covered with white oilcloth. The cupboard must be emptied and cleaned out once a week with some disinfectant added to the water. Hooks may be fastened to the ceiling, from which muslin cages for meat can be hung. Small meat safes can be fixed on the kitchen window sill. These also must be scrubbed out weekly.

CLEANING OF UTENSILS

Care of Saucepans. Directly the contents have been removed the saucepan should be filled with cold water. If very dirty or greasy, or if the contents have been burnt, add soda to the water and bring slowly to the boil except in the case of aluminium for which soda should never be employed. All saucepans should be dry before they are put away, and must be placed upside down on a shelf or stand. Sufficient space for the free passage of air inside the pan must be allowed to prevent it becoming sour.

New pans and kettles should be filled with cold water and brought to the boil. Afterwards they should be emptied, washed and thoroughly rinsed.

To Clean Saucepans. All saucepans except aluminium pans are washed inside and out with hot water and soda. Stains may be removed with the dust of sifted ashes, sand or scouring powder and lemon juice. Rinse and dry well. Soda must never be used with aluminium.

Casseroles are washed in the same way as saucepans.

Omelet Pans. Never wash these unless absolutely necessary. As soon as they are finished with, rub them all over with soft paper and wipe with a cloth. If they are stained or burnt, rub them with coarse salt.

Frying Pans, unless they are made of aluminium, may be washed with strong water and soda, sand or salt.

Cake and Bread Tins, Patty Pans. Wash as seldom as possible, but wipe out when hot with a coarse cloth. If they are washed, finish drying in front of the fire.

Saucepan Lids, Strainers, Tin Colanders, Baking Tins, etc. Wash in hot water and soda, dry and polish with whitening mixed to a paste with cold water.

Kettles must be kept free from soot. Tin or aluminium kettles can be kept bright outside by being cleaned with sand or sifted ashes. Fur is dispelled from a kettle if a large piece of soda or some strong ammonia is put into the kettle. Fill it up with cold water, bring to the boil, and boil slowly for about an hour. Rinse well and boil two lots of fresh water in the kettle before using it again. A marble placed in the kettle prevents the formation of fur.

Knives and Steel Forks. Wipe first with a piece of paper, then wash in hot water, dry and polish. Never let the handles of knives lie in water. Stainless steel knives do not require polishing.

Sieves. Wash with a pot brush as soon as possible after they have been used, rinse well. Shake, wipe with a cloth, and hang near the window or fire to dry.

Pudding, Jelly and Tammy Cloths. Directly pudding, jelly or tammy cloths are finished with, soak them for an hour in hot water to which a piece of soda has been added. Rub them between the hands and rinse them in two or three waters. Hang them up to dry. Never use soap when washing these cloths. If very dirty, put them into a pan of boiling water to which soda has been added and boil for half an hour. Rinse them well.

Mincing Machine. Take it to pieces as soon as it is finished with and remove any pieces clinging to the teeth, wash in hot water and soda ; rinse, dry with a cloth and then in front of the fire. Keep it in a dry place.

TO WASH UP.

Remove all scraps from the plates and rinse under the tap. All food should be removed from dishes and placed on clean plates in the larder; rinse the dishes. The grease on plates or dishes should be rubbed off with newspaper. Fill all milk jugs and basins, and any basin that has been used for cooking with cold water as soon as emptied. Fill a bowl with boiling water, add soap or soap powder. Wash the silver first, and as it is washed, put it into a jug or bowl containing boiling water. Next wash the china, keeping the dirtiest and most greasy to the last. Another bowl, filled with clean cold, or hot, water, should be at hand in which to rinse the washed china, which is then put into a cup or plate-rack to dry. Utensils used for cooking are washed next, the pans being kept to the last. The secret of good washing-up lies in the use of very hot water.

NOTE. Never use soda in the water when washing hand-painted china or china with gold ornamentation.

To Wash Glass. Wash in warm soap suds, rinse in cold water and dry with a linen cloth kept for the purpose. A few drops of ammonia in the rinsing water helps to brighten glass.

To Clean Silver. Once a week clean it with some good cleaner. First wash the silver, and then apply the cleaner with a soft rag. When dry, rub it with a clean cloth and polish it with a chamois leather. Use a soft brush to remove the polish from engraved or ornamental silver.

KITCHEN MAXIMS.

A place for everything and everything in its place.
Clear as you go, and so avoid muddle.
Endeavour to make the most of everything.
Save the bones of meat and carcases of poulty for stock.
Never leave soups, stocks or sauces standing in a pan all night.
Save gravy or sauces which are left over; they are useful in various made up dishes.
Save all scraps of fat; they can be clarified.
Plan a whole day's meals at a time.
Read all recipes through carefully and have all ingredients ready before beginning to make any dish.
Remember to please the eye as well as the palate.

MARKETING HINTS.

Experience, common sense and forethought are required for successful marketing. The size, likes and dislikes, of the family, the income, the amount of entertaining done, available storage room, and the season of the year must all be considered. Personal shopping is advisable, as it is often possible to take advantage of any sudden lowering of prices due to a glut of some commodity. Though a telephone is a convenience, it is not wise to shop entirely by 'phone.

It is not always economical to buy the cheapest goods, as they may be of inferior quality, but anything which is very plentiful will be cheaper for the time and better in flavour and quality than when it is out of season.

HOW TO MARKET.

Hints on Choosing Beef. The texture of meat should be firm and if pressed should not leave the impress of the finger. The lean should be of a bright-red colour, intermingled with grains of fat. The fat should be white, and the suet also white and firm.

An **Ox** is divided by the butcher into the following joints *London style* (SEE PLATE 5) :—

1. Sirloin.
2. Top, or aitch-bone.
3. Rump.
4. Buttock, or round.
5. Mouse buttock.
6. Veiny piece.
7. Thick flank.
9. Thin flank.
8. Leg.
10. Fore rib (5 ribs).
11. Middle rib (4 ribs).
12. Chuck rib (3 ribs).
13. Shoulder, or leg-of-mutton piece.
14. Brisket.
15. Clod.
16. Sticking.
17. Shin.
18. Cheeks or Head.

Of these joints, choose the rib or sirloin for roasting. The chump end of the sirloin which has a good undercut or fillet and the middle ribs being the best.

The rump is divided into three, the middle, silverside and chump. The best steaks are cut from the middle.

The round, aitch-bone, and silver-side are usually salted and boiled. The neck is used for making soup or gravy ; the thin flank is the part to be collared. The inferior and cheaper parts of beef, such as the clod and sticking piece, the leg and shin and cheek and

the heel, make excellent soups and stews. Other portions of the animal, such as the heart, tail, tongue, liver, kidneys, sweetbread, and the inner lining of the stomach, or tripe, are all used, as will be seen in later recipes.

A Calf is cut into the following joints (PLATE 5) :—

1. Loin, best end.
2. Loin, chump end.
3. Fillet.
4. Hind knuckle.
5. Fore knuckle.
6. Neck, best end.
7. Neck, scrag end.
8. Blade bone.
9. Breast, best end.
10. Breast, brisket end.
11. Head.

Veal should be small and white, and the kidney well covered with fat. The calf should not be older than eight or ten weeks when it is killed ; if older the flesh will be coarse. The flesh should be dry, closely grained, and white ; if it is moist and clammy it is stale, and not fit for cooking.

The fillet, loin, shoulder and best end of the neck, are the roasting joints. The breast is sometimes roasted in very small families, but it is usually stewed, as is also the knuckle ; or the knuckle may be boiled, and served with parsley and butter. A calf's head is a delicacy. Calf's feet are also excellent when boiled, stewed, or used for jelly. Veal makes the best stock for rich soups and gravies. The sweetbread is much used for invalids and for entrées. The kidney can be used for entrées, stews, steak pies and puddings. The brains are frequently used for entrées and for invalid fare. The liver is used according to any recipe for ox-liver. The heart is stuffed, roasted or braised.

A Sheep is thus divided (PLATE 6) :—

1. Leg.
2. Chump end of loin.
3. Best end of loin.
4. Neck, best end
5. Neck, scrag end.
6. Shoulder.
7. Breast.

A saddle is the two loins undivided.
A chine is the two sides of the neck undivided.

Mutton.—Wether mutton is the best. It may be known by its having a knob of fat on the upper part of the leg. It should be dark coloured and have plenty of fat.

All the joints of a sheep may be roasted, the best joints being the saddle, haunch (leg and loin undivided), leg, loin, shoulder. The leg and neck are frequently boiled. Chops and cutlets are cut from the thick end of the loin, best end of the neck, or middle of the leg. The leg is sometimes cured and smoked as a ham. The breast of mutton is often salted and boiled. The scrag end of mutton is very good stewed with rice. The head and trotters make good soup, pies or stews. The pluck, the heart, liver and lungs, in Scotland form the foundation of haggis. The heart is also stuffed and roasted, and the liver made into various appetising dishes. Mutton kidneys are considered the best.

Lamb should be small and fat, of a pale red colour. Lamb is generally roasted. The leg of " house lamb " (which is in season

just before Christmas) is sometimes boiled and served with white sauce.

A Lamb is thus divided :—

1. Leg.
2. Loin.
3. Shoulder.
4. Breast.
5. Ribs.

1 & 2, The Hindquarter.
3, 4 & 5, together, Fore quarter.

When it is large, lamb is cut up and used like mutton, when it is small it is usually cut into quarters. Lamb's head is used in the same way as sheep's head. Lamb's fry—the liver, heart and sweetbread—is usually fried. Lamb's sweetbreads make a delicate entrée.

Deer is cut up in four portions, namely :—

1. Haunch.
2. Neck.
3. Shoulder.
4. Breast.

Venison can be tested by running a skewer into the shoulder; if this smells when withdrawn, the venison is high. Buck venison, which is in season from June to the end of September, is considered superior in flavour to doe venison. The latter is in season from October to the end of December. The fat should be firm, white and clean. The flesh should be dark and finely grained. It should be well hung in order to acquire a game flavour. If the cleft of the hoof is smooth and close, the animal is young.

The Pig is divided thus (PLATE 5) :—

1. Spare rib.
2. Hand.
3. Belly.
4. Fore loin.
5. Hind loin.
6. Leg.

The roasting joints of pork are the spare rib, loin and leg; the other joints are salted; the leg may also be cured and boiled. The sides or flitches are made into bacon. The leg makes a ham. The hand and belly are generally salted. The head is usually salted, made into brawn, or collared, and served cold. The feet or pettitoes are boiled or stewed. The tongue is pickled. The haslet or fry—the heart, liver, lights and sweetbread—are generally sliced and fried.

Pork.—Pork should be bought from a reliable butcher, or from some place where the animals have been carefully fed. A dairy farm is the best place. Diseased or bad pork is very dangerous food. The fat of pork should be firm and the lean white, and finely grained; the rind or skin thin and smooth. If the flesh feels clammy to the touch the pork is bad. If the fat has kernels in it the pig has been measly, and the meat should not be eaten. Pork should be perfectly sweet to be good, therefore do not hang it long.

Bacon.—If bacon is good the rind is thin, the fat firm and pinkish, the lean tender and adhering to the bone. Rusty bacon has yellow streaks in it. (PLATE 2).

Hams are tried by sticking a knife or skewer into them up to the knuckle; if when drawn out it has a pleasant smell, the ham is good. A bad scent will be perceived if it is tainted.

TO CHOOSE POULTRY AND GAME.

Turkey.—The cock bird, when young, has a smooth black leg with a short spur. The eyes are bright and full, and the feet supple, when fresh; the absence of these signs denotes age and staleness. The hen may be judged by the same signs.

Fowls.—The young cock has a smooth leg and a short spur; when fresh, the vent is close and dark. Hens, when young, have smooth legs and combs; when old, these will be rough. Choose white legged fowls for boiling and dark legged for roasting.

Geese.—In young geese the feet and bills will be yellow and free from hair. When fresh, the feet are pliable and the webbing easily torn; they are stiff when stale. When young the under bill breaks easily when bent. A goose that is over a year old should never be eaten.

Ducks may be selected by the same rules as geese.

Pigeons, when fresh, have supple feet, and the vent will be firm; if discoloured they are stale. The legs should be pinkish in colour, the breast plump and fat.

Plovers when fat, have hard vents; but like almost all other birds, may be chosen by the above rules.

Hares and Rabbits.—When hares and rabbits are young and fresh, the cleft in the lip is narrow, the body stiff, and the claws are smooth and sharp. In order to ascertain whether they are young. or old, turn the claws sideways; if they crack they are young. The ears also should be tender and capable of being torn easily. The small nut under the paw should be well developed; this disappears in older animals.

Partridges.—Yellow legs and a dark bill are signs by which a young bird may be known; a rigid vent when fresh. When this part is green the bird is stale.

Pheasants may be chosen as above. The young birds are known by the short or round spur, which in the old is long and pointed.

Moor Game.—Grouse, Woodcocks, Snipe, Quails, Ortolans, etc., may be chosen by the rules given above. Young game birds have smooth pliable legs with short rounded spurs and supple feet.



PL. 2.

1—Hock. 2—Cushion. 3—Corner. 4—Gammon.
5—Streaky. 6—Back. (*See page* 20).

The feathers under the wing and on the breast of young birds should be soft and downy, and the long wing feathers pointed.

TO CHOOSE FISH

The eyes of fresh fish are bright, the gills of a fine clear red, the body stiff, and the smell not unpleasant. Fish should only be eaten in season and very fresh. Oily fish and fresh water fish should be cooked as fresh as possible.

A turbot should be thick; the under side of a pale yellowish white, the colour of rich cream.

The salmon and the cod should have small heads, very thick shoulders, and small tails. The flesh of the salmon should be of a bright red colour, the scales very bright.

Herrings, mackerel, or whitings should not be bought unless they are quite fresh, and do not attempt to keep them even till the next day. Cod and soles may be kept for twenty-four hours.

Eels should be bought alive. Crabs and lobsters should be heavy and very stiff; if they feel limp they are stale. They are often bought alive. Oysters, if fresh, will close forcibly on the knife when opened. If the shell gapes in the least degree, the oyster is losing its freshness. When the fish is dead the shell remains open. Small "natives" are the best oysters for eating; for sauces or other culinary purposes the larger kinds are good enough.

TO CHOOSE EGGS.

If eggs rattle when gently shaken, they are bad. A good way to test them is to put them in a basin of water, and see if they lie on their side, down in it. If the egg turns upon its end, it is bad; if it lies obliquely, it is *not quite fresh*, but may do for cooking as when broken it is easy to see if an egg is tainted.

There is on the market a special glass cooking measure in which eggs can be tested.

Eggs to be preserved for use should be *quite* fresh from the nest.

TO CHOOSE FRUIT.

The heaviest apples are the best, and those should always be selected which, on being pressed by the thumb, yield to it with a slight crackling noise. Slightly under ripe, unbruised fruit should be chosen. Large fruit is usually more economical than small, but often the small has better flavour. Forced fruit never has such good flavour as that grown in proper season.

The heaviest oranges and grape fruit are best. Grape fruit with the smoothest, most evenly coloured skins are the prettiest, but often those with discoloured skins have the best flavour. Canary

bananas which are small have more flavour than the larger fruit. All soft fruit should be dry

TO CHOOSE VEGETABLES.

All vegetables should be fresh-looking and crisp, not limp, yellow and stale.

THE STORE-ROOM.

The Store-room should be very dry, and furnished with drawers, shelves, and nails, with a few little nets suspended from them in which to hang lemons. There should also be jars for sugars, and tins for keeping tea, coffee, biscuits, and so on. The large or small tins in which biscuits and various other commodities are sold should be retained for these uses. **Jams, pickles,** and **preserves** should be kept in the coolest part of the room or closet. **Coffee** should not be bought in large quantities, because it soon loses its flavour unless it is roasted at home.

Candles should be bought in large quantities and should be kept for several months in a cool place before they are used.

Soap should be bought by the hundredweight for cheapness if space permits, and kept for some time before it is used.

Starch should be left in a warm, dry place, and **salt** must be kept *very dry*.

Rice, Tapioca, Sago, etc., should be kept dry and close covered, as they harbour mites. They should be kept in jars or tins. It is better *not* to buy large supplies of these commodities

Tea should be bought in moderate quantities, and should be kept in boxes lined with lead, or in tins.

Spices are apt to deteriorate, so should be bought in small quantities.

Dried Fruits should be bought when the new fruit comes in, generally in the autumn. Store in tins or boxes lined with white paper. They require watching, as they sometimes become infested with maggots or small mites.

Tinned Goods should be chosen carefully. The tins should be free from rust and bulges. It is not advisable to buy a large quantity of tinned goods at a time or to keep them too long.

Care of Perishable Foods.—Meat should be wiped with a dry, clean cloth, as soon as it comes from the butcher's ; flyblows should be cut out, and in loins, the long pipe that runs by the bone should be taken out. The kernels and marrow should be removed from beef. Meat that is to be kept hanging for some time should be sprinkled with pepper. Powdered charcoal dusted over it will also prevent its tainting. In hot weather it is advisable to keep a lump of charcoal in the larder. Meat becomes more digestible

and tender by hanging, but lamb and veal cannot be kept as long as beef and mutton.

Cooked meat must be lifted from the gravy or sauce in which it has been served, and put on a clean dry plate and covered with a wire or muslin cover.

Frozen meat should be placed in a warm kitchen for an hour or two before using. It should then be washed in cold water.

Hares should be hung head downwards without paunching if they have been freshly killed. In dry weather hares may hang for a week.

Rabbits must be paunched at once and should be used fresh. If they have to be kept a day or two, they should not be skinned until required, or they become very dry. They should be hung head downwards.

Poultry, if fresh killed, may hang for a day or two, but not until it shows signs of becoming green. It can be plucked at once and dusted over with flour and pepper but not drawn until ready for use.

Game must hang for a few days. The length of time depends on the weather, as in damp, muggy weather it will not keep as long as in cold dry weather. Young birds will not keep as long as old ones, nor will birds that have been badly shot or bruised. All game should hang unplucked and undrawn. A piece of charcoal placed in the vent helps to preserve game. Birds must not be allowed to touch one another while hanging. When the tail feathers pull out easily, the birds are ready for cooking, but if liked really high, they can be kept until they give off a pungent smell. Birds that are tainted may be washed in vinegar and water.

Wild duck and water fowl should be used fresh, as they are very oily and so do not keep well. Small birds which are cooked without being drawn will not keep for long.

Venison should always hang before it is cooked; in dry, cool weather it may be hung for a fortnight. Before it is hung, it must be wiped well and sprinkled with black pepper. It should be examined daily and wiped dry and dredged with fresh pepper. To test it, a skewer should be run into the bone at the haunch. If, when withdrawn, it is not sticky and has no unpleasant smell, the venison is in good condition.

Ham and Sides or Flitches of Bacon keep well in muslin or calico bags hung from the ceiling of the kitchen. They must be dusted over with black pepper and ginger before they are hung up.

Suet.—All glands, kernels, skin or veins, and any discoloured portions should be removed and the suet then buried in flour. It does not impart any flavour to the flour, so may be kept in the flour barrel. Another method of keeping suet, is to put it into a saucepan at some distance from the fire and let it melt gradually.

When melted, it should be poured into a basin of cold water. When hard, drain off the water, wipe it dry, fold it in white paper, put it in a linen bag and keep in a dry cool place. When used it must be scraped.

Lard must be kept in a closely covered jar.

Bones for Stock, if not used immediately, should be baked or grilled.

Stocks, Soups, Sauces, Gravies should be boiled up every day in warm weather, and every other day in cold weather, and kept in clean basins.

Butter, in large quantities, should be kept in an earthenware crock. It should be covered first with a muslin and then with a well-fitting lid. The crocks must be kept in a dry, cool, airy place.

Cheese, when it has been cut, should be wrapped in grease-proof paper and then in a piece of damp muslin. It should be kept in a cheese dish with a small hole in the lid for ventilation. Large cheeses should be turned frequently and the rind rubbed with a cloth.

Milk and Cream.—It is advisable to insist upon having milk delivered in sealed bottles, so that it is not contaminated after it leaves the dairy. All vessels containing milk and cream should be washed and scalded daily. As soon as they are emptied, cold water must be poured into them. This loosens the milk caked on the vessels, which hot water would fix. Later the bottles should be washed in hot water, then filled with boiling water, which should be left for a few moments. They should be emptied and wiped dry.

Milk quickly becomes tainted, so should be kept away from anything with a strong odour. Muslin covers weighted with beads should be placed over all vessels containing milk, which should be kept in the coolest place in the larder on a slate, marble or stone slab or shelf.

In hot weather, scald milk as follows: Put it into a double saucepan or into a jug, place the latter on a wire rack in a pan of cold water. Bring to the boil and boil for a few minutes.

Never mix a fresh lot of milk with that which has been in the house for some time, as it may all turn sour.

Cream may be scalded also. A lump of sugar will help to preserve it. If milk or cream turn sour, it need not be thrown away; delicious little milk cheeses can be made with it, and scones, cakes and pastries are lighter when mixed with sour milk.

To make Devonshire Cream.—Strain the milk into large shallow pans or basins about 3 or 4 inches deep and let it stand for 24 hours in a very cool place. Then place the pans or basins on a hot plate and heat them very gently; on no account allow the milk to boil. As soon as the cream forms a ring round the pan and the undulations

formed on the surface look thick, it is ready. Remove the pans from the fire, put them into a cold larder or dairy, and leave for 24 hours, or in very cold weather for 36 hours. Then skim off the cream carefully.

Eggs.—For daily use eggs should be kept in egg boxes or stands. If only a few are used, they may be kept in a bowl or box.

It is a good plan to store eggs when plentiful, for use in the winter. There are various ways of doing this. If they are to be kept for a short while only, they should be smeared with vaseline, lard or oil, and placed between layers of bran in a box. They should not touch each other.

To Preserve Eggs in Salt.—Put them in strong earthenware jars in layers of coarse dry salt. The first layer of salt must be deep enough to allow the eggs to be placed in it, small end downwards, without touching the bottom of the jar. The eggs must not touch one another; cover with another layer of salt and continue alternate layers of salt and eggs until the crock is full. The layers of salt must be deep enough to keep the eggs from touching one another and the top layer must be salt. Cover the jar and keep in a cool place.

To Preserve Eggs in Lime.—Boil 8 to 10 ozs. of coarse salt in 2 gallons of water for 30 minutes. Put 2 lbs. of lime into a large pail. When the salt water has cooled a little, pour it gradually over the lime, stirring with a large stick. Continue stirring after all the water has been added until the lime is thoroughly mixed with the water. Cover for 24 hours. Pack the eggs in layers in a crock with the small end downwards. Cover each 4 layers with the lime pickle up to the top of the eggs. Continue until the crock is full, but see that the pickle completely covers the last layer of eggs. Cover the crock and keep in a dry cool place.

Eggs may be preserved also in *waterglass*, which is procurable in tins with full directions for use.

STORING FRUIT AND VEGETABLES.

Vegetables for immediate use should be kept in wooden boxes on a stone floor in a cool place, or in a scullery on wire or wooden vegetable racks. Onions, shallots, garlic and chives are best kept in netted bags. Parsley, watercress and mint keep best in water, which must be changed daily.

Green vegetables keep best if wrapped in newspaper; lettuce and endive may be wrapped in a damp cloth or muslin. The tops should be cut off radishes, carrots and turnips. Radishes must be laid in a very little water for about an hour before using them. Tomatoes should be spread out on a dish or shelf without touching one another.

WEIGHING WITHOUT A WEIGHING MACHINE.

A breakfastcupful of moist sugar (pressed in) weighs about 8 ozs.
A breakfastcupful of castor sugar (level) weighs about ... 8 ozs.
A breakfastcupful of rice weighs about ... ... 9 ozs.
A breakfastcupful of butter, lard or dripping weighs about 7 ozs.
A breakfastcupful of flour, cornflour, arrowroot or other floury starch (heaped) weighs about ... ... 7 ozs.
A breakfastcupful of suet (chopped fine and heaped) weighs about ... ... 4 ozs.
A breakfastcupful of breadcrumbs (pressed in), weighs about ... ... 4 ozs.
A breakfastcupful of sago, tapioca, semolina and hominy (heaped) weighs about ... ... 8 ozs.
1 tablespoonful of flour (as much above the bowl of the spoon as in the spoon) weighs about ... ... 1 oz.
1 level teaspoonful of sugar weighs about ... ... ½ oz.
1 level tablespoonful of rice weighs about ... ... 1 oz.

2 teaspoonsful = 1 dessertspoonful.
2 dessertspoonsful = 1 tablespoonful.

MEASURES FOR LIQUIDS.

1 fluid lb. of 20 fluid ozs. = 1 lb. of 16 ozs. solid measure.
10 fluid ozs. = ½ pint or 1 breakfast cup or 1 tumbler or 1 pint.
5 fluid ozs. = ¼ pint or 1 gill = 1 tea cup.
½ fluid oz. = 1 tablespoonful.
60 drops = 1 fluid drachm = 1 teaspoonful.

Note.—In the North of England a gill is ½ pint and a noggin ¼ pint.

TEMPERATURES AND HOW TO GAUGE THEM.

It is very necessary to be able to estimate the correct temperatures required for various kinds of cooking.

	For Boiling	212° Fahr.
	Simmering	205°–210° Fahr.
	Slow Simmering	180°–190° Fahr.
Baking	Mutton	300° Fahr.
	Beef	310° Fahr.
	Poultry and Game	310° Fahr.
	Bread and Puff Pastry	340° Fahr.
	Meat Pies	290° Fahr.
	Pastry and Cakes	320° Fahr.
Frying	Fish	360°–375° Fahr.
	Meat	370°–380° Fahr.
	Fritters	340°–375° Fahr.
	Whitebait	400° Fahr.

TO TEST WITHOUT A THERMOMETER.

With a reliable culinary thermometer one cannot go far wrong, but where this is not available, a few hints may prove useful.

Boiling.—Bubbles all over the surface of the liquid.

Simmering.—A few small bubbles show on the surface.

Slow Simmering.—One or two bubbles show occasionally on the surface.

Baking.—Place a sheet of white paper or a little flour on the oven shelf. If it turns dark brown in four or five minutes, the oven is right for bread and puff pastry. If it turns light brown in four or five minutes, it is right for fruit pies and small cakes. If in four or five minutes it turns dark yellow, the oven is right for meat pies and large cakes. If in four or five minutes it turns light yellow, it is right for sponge cakes, gingerbread.

Frying.—When ready, the fat is perfectly still and a faint blue smoke begins to rise from it.

The density of the smoke indicates the degree of heat, but if the smoke becomes too thick and an acrid smell rises, the fat is burning.

AVERAGE WEIGHTS PER PECK.

Apples	16 lbs.
Broad beans	10 lbs.
Flour or salt	14 lbs.
Gooseberries	16 lbs.
Green peas	8 lbs.
Kidney beans	9 lbs.
Onions	16 lbs.
Pears	18 lbs.
Plums and other stone fruit	18 lbs.
Potatoes	20 lbs.
Scarlet runners	8 lbs.
Strawberries	12 lbs.
Swedes	18 lbs.
Turnips	16 lbs.

1 peck = 2 gallons.
1 peck = 8 quarts.
1 peck = 16 pints.

It will thus be seen that a pound and a pint are in some cases equal, while in other cases there are more pounds to a peck than pints, and in others, less.

STOCKS AND SOUPS

As stock forms the basis of all meat soups and consommés, and most thick soups, gravies and sauces, a good supply is a necessity in every kitchen.

The water in which mutton has been boiled, the liquor left from dressing a calf's head, the bones taken from rolled ribs of beef, sirloin, or from any boned joint, hare, or poultry, will make excellent stock for a family soup. Fish bones make a good stock for fish soups. The trimmings of large joints or cutlets, the shanks of mutton, the shank of a ham, ox-cheek carefully managed, and sheep's head and trotters, also make excellent stock.

The rule as to quantity is : a quart of water to a pound of meat or bones ; but whenever this quantity of water is diminished, the soup is increased in strength and richness.

CARE OF THE STOCK-POT.

A stock-pot should not be considered a receptacle for all culinary odds and ends, though trimmings of meat, poultry, game and vegetables may find a place in it. The stock-pot should never go off the boil ; its contents should simmer gently for about 6 hours. It should be emptied every evening and the liquid strained off. All the vegetables should be thrown away, but any bones from which all the goodness has not been extracted should be kept and returned to the stock-pot the following day. When the bones are full of tiny holes, they may be burnt. Stock will keep for two or three days, longer in cold weather, if boiled up daily or every other day and returned to a clean basin.

When making stock, chop the bones up small and remove all fat and the marrow from the bones. See that all the ingredients are fresh and sound. Put the meat and bones into cold water and soak them for an hour or two before cooking them. This draws out and dissolves the meat juices. Bring slowly to the boil and skim off all fat as it rises.

Wash all vegetables, scrape or peel and cut them into slices and add them after the stock has come to the boil. The vegetables used in stock are carrots, turnips, celery, onions and sometimes leeks and a bunch of herbs. The latter consists of a spray of parsley, a sprig each of thyme and marjoram, and a bay leaf tied together.

When celery is not in season, a teaspoonful of celery seeds, tied in muslin, can be used instead. Dried herbs, tied in muslin, may also replace fresh herbs.

Further flavourings are cloves and peppercorns. Too strong a flavour of vegetables detracts from the flavour of the meat, so care must be taken to avoid using too many. They must not be left in the stock after it is finished.

Beef, veal, calf's head and sheep's head, ox cheek, and ox tail make the best stock. Mutton should not be used for stock for clear soups. Pork is too fat for stock.

Bones of any kind of meat make a good bone stock.

Fish bones and trimmings make an excellent stock for fish soups.

Vegetables alone make a vegetarian stock.

CAUSES FOR FAILURE IN MAKING STOCKS AND SOUPS.

Unsound meat and decaying vegetables will give stock an unpleasant flavour and cause it to deteriorate quickly.

If the stock be kept in a closed pan by the side of the fire without cooking, it will not keep well, and the goodness is not being drawn from the different ingredients.

If all scum is not removed from stocks and soups, it boils down into them and impairs both the colour and flavour.

If all trace of fat is not removed from stocks and soups, they taste greasy.

If stocks or soups are boiled fast, they evaporate and may boil away altogether.

If they are not kept covered while boiling, they reduce too quickly and much of the good of the various ingredients is lost in the escaping steam.

If thick soups and purées are not stirred occasionally with a wooden spoon, they are liable to burn. They must also be kept skimmed.

If the soup boils after an egg liaison has been added, the eggs will curdle.

STOCKS.

FIRST STOCK FOR CLEAR SOUPS (BROWN).

(*Bouillon.*) *Time*—6½ *hours.*

3 lbs. knuckle of veal; 2 gallons of water; 3 leeks; 1 bunch of herbs; 2 teaspoons of salt; 4 lbs. shin of beef; 2 onions; 1 turnip; 12 peppercorns; 2 carrots; ½ head of celery; 2 cloves.

Remove all the bones from the meat, and cut the latter into small pieces. Break the bones in pieces and remove all marrow. Put the meat and all the bones into the stock pot or a large

enamelled or aluminium pan, add the water (cold) and the salt and bring slowly to the boil. When just on the boil, skim, pour in half a gill of cold water, and again skim. The cold water helps the scum to rise. Wash the vegetables, peel and cut them into pieces, add with the herbs, peppercorns and cloves. The latter should be stuck into one of the onions. Bring to the boil again and skim, then draw the pan to the side of the stove or put it over a low gas jet and simmer slowly for 6 hours. Take out the meat, strain the liquor through a cloth or soup strainer into a basin and leave in a cold place until the next day. Skim off all fat when cold. (This fat can be added to the store for clarifying.)

This stock can be used as broth or it may be cleared for consommés (see page 33). If too pale, colour with a few drops of caramel. If properly skimmed and very gently cooked, this stock requires but little clearing.

FIRST STOCK FOR WHITE SOUPS.

Time—4½ *hours.*

(*Velouté.*)

3 lbs. of knuckle of veal and any bones or joints of fowl; 2 onions; 2 carrots; a bunch of savoury herbs; 3 bay leaves; 3 cloves; 3 quarts of water; salt.

Weigh the cuttings and remains of any joints of fowls, prepare the veal and make the stock according to the directions for first stock for clear soups (brown).

COMMON OR SECOND STOCK.

Time—3 *or* 4 *hours.*

(*Remouillage.*)

The meat and bones from the first stock; 1 turnip; 1 carrot; 2 onions; celery; 1 quart of water to each pound of bones and meat.

Put the meat and the bones with the water into a pan. Bring to the boil, skim, add the prepared vegetables, simmer it for three or four hours, and strain it off for purées and sauces. Add three pints more water, reduce it to less than a pint, and strain it off for glaze.

BONE STOCK FOR SOUP.

Time—2 *to* 3 *hours.*

Bones of any meat, cooked or uncooked; 1 quart of water to each pound of bones; a bunch of herbs; 2 cloves; 10 peppercorns; 2 scraped carrots; 1 stick of celery; 1 teaspoonful of salt.

Remove all fat from the bones and break them into very small pieces, put them into a pan, cover them with the cold water, and let it boil quickly till the scum rises; skim and throw in some cold water, when the scum will rise again. Add the washed and peeled vegetables, herbs and spices, and simmer gently for 3 hours. Strain and let it stand all night. The next day take off the grease very carefully. It will then be fit for use. *Note.*—The bones may be grilled or browned in the oven before they are used to give colour to the stock.



1—Oil Stove. 2—Electric Stove. 3—Electric Kettle. 4—Electric Coffee Pot.
5—Electric Toaster. 6—Electric Iron. 7—Electric Boiler. 8—Fuelless Cooker.
(*See pages* 9, 10 *and* 11.)

PLATE 4



1



2

1—Coal Range. 2—Gas Stove (*See pages 7 and 8.*)

GAME STOCK.

Time—About 4 hours.

(*Bouillon de Gibier.*)

2 lbs. of trimmings and bones of any kind of game; 1 turnip; 2 sticks of celery or ½ teaspoonful of celery seeds tied in muslin; 1 lb. of shin of beef; 2 carrots; 1 onion; 10 peppercorns; 1 sprig each of thyme, marjoram, basil and a bay leaf tied together; 3 quarts of water; 4 ozs. of ham or a ham bone; 2 leeks; 1 blade of mace; salt; 1 spray of parsley.

The game may be cooked or uncooked. Remove all fat and cut the meat from the bone of the shin of beef, break the bone and put it with the bones and trimmings of the game into a large pan. Cut up the meat and add, cover with the water, bring to the boil and skim well. Peel and cut up the vegetables and add with the herbs, parsley, peppercorns, mace and a teaspoonful of salt. Simmer gently for about 4 hours, then strain through a sieve or soup strainer. Leave until cold, then skim off all the fat.

STOCK FOR BROWN OR WHITE FISH SOUPS.

Time—2 hours.

2 lb. of eels; 4 flounders and trimmings of filleted fish, or 1½ lb. of skate; a blade of mace; salt; 10 peppercorns; 1 onion; 2 parsley roots; a bunch of sweet herbs; 1 head of celery; 4 cloves and 2 quarts of water.

Clean the fish thoroughly, and cut them into pieces; cover them with the water; add the mace, pepper and salt, the onion stuck with four cloves, the celery cut into pieces, and the parsley roots. Simmer together for two hours, skim the liquor carefully, and strain it off for use. If for brown fish soup, first fry the fish and vegetables in butter until brown, and then finish as directed above.

Fish-stock will not keep for more than two or three days, therefore a small quantity only should be made.

Fish soups are very economical, as the cheaper kinds of fish can be used for them.

VEGETABLE STOCK.

Time 4½ hours.

3 onions; 6 potatoes; 6 carrots; 4 turnips; 3 ozs. of butter; 4 quarts of water; 1 head of celery; a bunch of sweet herbs; 2 leeks.

Peel, slice, and fry the vegetables in the butter, and pour over them two quarts of boiling water; let them stew slowly for four hours, then strain through a coarse cloth or sieve.

POT BOILINGS.

The water in which ham, meat, poultry, game or certain vegetables, such as potatoes, carrots, green peas, asparagus, has been boiled, and the water in which macaroni, rice or pulse foods has been cooked, makes a stock for thick soups and sauces.

BROWNING OR CARAMEL FOR SOUPS AND STOCKS.

3 tablespoonsful of sugar. About a pint of boiling water.

Put three tablespoonsful of brown sugar into a frying-pan; set it on the fire to brown, stirring it with a wooden spoon, that it may not burn. When sufficiently dark-coloured, stir into it about a pint of boiling water; when it is thoroughly incorporated, put it into a bottle, and, when cold, cork it securely. Use a tablespoonful or more to colour the soup. A burnt onion or two can be made use of for the purpose of browning. Or onions, after the outer skin has been taken off, dried in a slow oven until a dark brown, and pressed flat like biffins, are very useful, as with care they can be preserved in good condition for some time.

SOUPS.

There are, roughly speaking, four types of soups with numberless recipes for each type.

1. Clear Soups.
2. Broths.
3. Thickened Soups.
4. Purées.

Clear soups and broths are made from a clear meat stock.

Clear Soup or Consommé is generally clarified (see page 33), and then garnished according to fancy. The consommé takes its name from the garnish.

Broths differ from clear soups, as they are not clarified, and the meat with which they are made is either served in the broth or used for a separate course.

Broths may be garnished with vegetables, rice or barley, and are more suited for luncheon or mid-day dinner than for late dinner.

Thickened Soups are made of fish, meat or vegetable stock, either white or brown, and even with milk and water. They are thickened with:—(1) some cereal such as flour, arrowroot and so on; (2) a liaison of eggs and cream or milk. (Page 49.)

Purées are made by rubbing the meat, fish, vegetables or farinaceous materials through a sieve, after cooking. Sometimes eggs, milk or cream and butter are added to purées.

Quantity of Soup per Head—One-third of a pint is the usual allowance for dinner, but if a substantial soup is to furnish the principal part of a meal, ½ pint per head will be required.

CLEAR SOUPS.

CLEAR SOUP.
(*Consommé.*)

For 5 or 6 persons.
Time—20 *to* 30 *minutes.*

1 quart of stock (page 29); ½ turnip; 10 peppercorns; 3 allspice; the whites and shells of 2 eggs; 4 ozs. of lean beef; 1 onion; 2 cloves; 1 spray of parsley; salt; 1 carrot; 2 sticks of celery or ½ teaspoonful of celery seeds tied in muslin.

Skim all trace of fat from a quart of good brown stock and put it into a very clean pan. Free the meat from all fat and put it through a mincer. Wash, peel and slice the vegetables and add with the flavouring and spices. Slightly whisk the whites of the eggs, wash and crush the shells and add them to the contents of the pan. Whisk over the fire until almost boiling, remove the whisk, boil up, then draw the pan to the side of the fire and let it just simmer for 20 minutes. Strain through a clean scalded teacloth or soup strainer, taking the soup out of the pan with a ladle or cup. If not quite clear the first time, strain again. Boil up with a lump of sugar, season and garnish as desired.

OX-TAIL SOUP (CLEAR).
(*Consommé aux Queues de Bœuf.*)

For 6 or 7 persons.
Time—5 *hours.*

2 small ox-tails; 2 carrots; 1 bunch of savoury herbs; 1 glass of port wine; ½ lb. of lean ham; 2 turnips; 5 cloves; 1 bay leaf; 3 quarts of water; 1½ heads of celery; 2 onions; 1 teaspoonful of peppercorns; 1½ ozs. of butter; salt.

Cut up 2 ox tails, separating them at the joints; put them in a stewpan with the butter. Wash, peel and cut up the celery, onions, turnips and carrots, and add them with the ham cut very thin, the peppercorns, herbs, and about ½ pint of cold water. Stir all over a quick fire for a short time to extract the flavour of the herbs, or until the pan is covered with a glaze. Then pour in 3 quarts of water, skim well, and simmer slowly for 4 hours, or until the tails are tender. Take them out, strain the soup, and leave it until the next day. Remove all fat, clear as for *consommé* (see above), add a glass of port wine, and garnish with half a head of celery (previously boiled and cut into small pieces) and small dice of cooked carrots and turnips. Cut a few pieces of the tail into dice, put them into the stewpan with the cleared soup. Boil it up for a few minutes, and serve.

VARIOUS CONSOMMÉS.

Consommé à l'Italienne.—Clear soup garnished with cooked macaroni cut into rings, or with small fancy shapes of Italian pastes, vermicelli or spaghetti. Hand grated Parmesan cheese.

Consommé à la Jardinière.—Clear soup garnished with cooked turnip, carrot and cucumber cut into the shape of peas with a vegetable scoop. Add some cooked green peas and cauliflower sprigs.

Consommé à Julienne.—Clear soup garnished with cooked turnip, carrot, onion, leek and celery cut into strips like matches. Add 1 small lettuce, shredded finely. All the vegetables, except the lettuce, after they have been cut, should be put into a pan with an ounce of butter, over low heat, for 15 minutes. Shake the pan often, add the clear soup and simmer until the vegetables are soft. The lettuce is added ten minutes before serving. If preferred, the vegetables may be boiled in water and are then added to the consommé. The soup is clearer but has less flavour when this is done.

Consommé aux œufs filés.—Make a batter with 1 egg, 1 dessertspoonful of flour, 1 tablespoonful of milk and seasoning. Let it stand for 15 minutes. Boil up the consommé, and when boiling, strain the batter into it through a fine strainer and cook for 10 minutes. The batter should look like threads in the soup.

Consommé à la Portugaise.—Clear soup garnished with finely shredded cooked leeks and French plums, stoned and stewed in stock. Allow 2 plums per person.

Consommé à la Royale.—Clear soup garnished with fancy shapes of savoury custard. The custard is made with 2 yolks and 1 whole egg, 1 gill of stock, seasoning. Beat up the eggs, add the stock, season and pour into a greased jar or cup. Steam very gently until the custard feels firm, 10 to 15 minutes. Let it cool, turn on to a board, cut it into slices and stamp these into fancy shapes with small cutters, or with a sharp knife cut out diamonds or dice. Put these into a tureen and pour the boiling consommé over.

Consommé aux Navets.—Clear soup garnished with small balls of cooked turnip.

Consommé au Sagou.—Clear soup in which sago has been boiled. 1½ ozs. of sago to 2 quarts of consommé.

Consommé aux Pointes d'Asperges.—Clear soup garnished with cooked asparagus points.

Consommé au Riz.—Clear soup garnished with plain boiled rice.

FISH SOUPS.

CONGER EEL SOUP.

(*Potage d'Anguilles.*)

For 9 persons.
Time—2¾ hours.

The head and tail of a conger eel; 1 pint of milk; 1 tablespoonful of flour; 3 quarts of water; 1 bunch of herbs, consisting of parsley, marigold, borage, winter savoury, sweet basil and a sprig of lemon thyme; 1 or 2 onions; pepper and salt; 1 pint of green peas.

Put the eel into 3 quarts of water with an onion or two cut in slices and a bunch of herbs. Simmer until the fish will break easily when tried with a fork, season with pepper and salt, strain the soup (which will be much reduced in quantity), and add the peas. Return the soup to the pan and simmer until the peas are quite tender.

Blend a teaspoonful of flour with a pint of milk, add and stir until boiling, then serve. Asparagus may be used in place of peas.

HADDOCK SOUP.
(*Potage de Merluche.*)

For 7 persons.
Time—1 *hour.*

2 quarts of fish or white stock; ½ pint of milk; 1 teaspoonful of pepper; 1 teaspoonful of chopped parsley; 1 haddock 1½ to 2 lbs.; 1 egg; 1 French roll or bread; a pinch of cayenne; 1 blade of mace; 1 tablespoonful of flour; 1 pint of picked shrimps; ½ tablespoonful of salt; a piece of butter the size of a walnut.

Separate all the meat from the bones of a fine fresh haddock, and pound it in a mortar with the shrimps; chop a small bunch of parsley very finely and add it to the fish with the crumb of a French roll, or a piece of bread steeped in half a pint of milk. Add the fish stock, which must be warm, gradually. Season with the pepper, salt, cayenne and mace. Simmer, closely covered, for half an hour, and then pulp all through a sieve. Add the beaten egg, return to the pan and re-heat, roll the butter into the flour and add bit by bit. Warm it up, but do not let it boil, then serve.

LOBSTER SOUP.
(*Bisque d'Homard.*)

6 to 8 persons.
Time—2½ *hours.*

1 large or 2 small boiled hen lobsters; 1½ ozs. of flour; a pinch of pounded mace; 2 quarts of water; a teaspoonful of anchovy essence; 1 egg; juice of ½ lemon; 2 ozs. of butter; breadcrumbs; salt, pepper.

Pick out the meat from the shells of the lobsters, pound the shells and the small claws in a mortar, then place both in a stewpan with 2 quarts of water. Simmer for 1 hour. Strain the liquor into a bowl, pound half the spawn with the butter rolled in flour, then rub it through a sieve into the strained soup, and let it simmer without boiling (in order to preserve the colour) for ten minutes; add the anchovy essence and the juice of half a lemon. Serve this soup with forcemeat balls made of the remaining lobster spawn minced, and mixed with the breadcrumbs, mace, salt and pepper. Moisten with a beaten egg, roll in flour, warm in the soup and serve.

OYSTER SOUP (WHITE).
(*Potage aux Huîtres.*)

For 6 persons.
Time—2 *hours.*

24 oysters; 6 shallots; 2 ozs. of butter; 1 gill of cream; 1 sprig of thyme; 1½ ozs. of flour; salt, pepper; 1 bay leaf; 1 quart of fish stock or any white stock.

Peel and chop the shallots. Melt the butter in a pan, add the shallots and cook for 5 minutes without browning. Add the flour, stir all well together for a few minutes, add the white or fish stock and the beards and liquor from 2 dozen oysters. Let all simmer gently together for 2 hours. Skim off all the fat, add the cream, and then pass the soup through a tammy. Blanch the oysters, keep them in their own gravy until wanted; put them in the soup immediately before serving it.

MEAT SOUPS AND BROTHS.

CHICKEN BROTH.
(*Bouillon de Volaille.*)

For 6 *persons.*
Time—1 *hour.*

A full-grown chicken; pepper, salt; 3 pints of water or weak broth; ½ teacupful of pearl barley or rice.

Cut up a chicken, put it into a pan with the cold water or broth, and a teaspoonful of salt; bring to the boil. Wash the barley and add, cover and simmer all for an hour, skim and add pepper to taste. Strain. The chicken may be placed on a dish, coated with white sauce and served with mashed potatoes. Rice may replace barley.

COCK-A-LEEKIE.
(*Cock-a-leekie.*)

For 6 *to* 8 *persons.*
Time—2 *hours.*

1 fowl; 3 quarts of clear stock; 2 ozs. of butter or margarine; 1 bunch of leeks; pepper and salt.

Wash the leeks, take off part of the heads and the roots, scald them in boiling water for five or six minutes, and then cut them into small pieces. Wipe the fowl inside and out with a damp cloth and cut it into small joints. Melt the butter in a pan and brown the pieces of fowl, drain off the butter and add the stock. Bring to the boil. Skim, add ½ pint of cold water, season and boil up. Add the leeks and continue to simmer for 2 hours. Remove all scum as it rises. When ready to serve, take out the fowl, remove the bones, cut the meat into neat pieces, place them in a tureen, and pour the leeks and the broth over them. This soup is greatly improved by warming it up a second time.

FRENCH FAMILY SOUP.
(*Pot au Feu.*)

For 2 *dinners for* 6 *to* 8 *Persons.*
Time—about 4 *hours.*

4 quarts of water; 2 small carrots; ½ head of celery; ½ cabbage; 4 lbs. of brisket; 2 onions each stuck with 2 cloves; 12 peppercorns; 2 teaspoonsful of salt; 1 bunch of herbs; 1 turnip.

The *Pot au Feu* is a standing institution in France and other Continental countries. The meat is usually served as a separate course, the vegetables being used as a garnish to either the meat or soup. Wash the meat and put it into the stock pot with the water, set it over a slow fire, and let it boil gently, carefully taking off the scum. Pour in a teacupful of cold water to enable the scum to rise. When no more scum rises, add the vegetables washed and prepared. Cut the carrots in slices, stick the onions with cloves, cut the turnip into four pieces. Wash and trim the cabbage, add 2 teaspoonsful of salt and the peppercorns. Put all into the pot and boil gently for 3 hours. Take out the meat, taste and season the soup if necessary; strain the broth into a tureen, cut the vegetables into rounds or dice, and serve them with the broth. The

meat is used as a joint. The addition of a few bones improves the soup. Serve the cabbage with the meat.

GIBLET SOUP. *For 8 to 10 persons.*
(*Soupe aux Abatis.*) *Time—3 hours.*

4 sets of duck or fowl or 2 goose or turkey giblets; 1 oz. of butter or dripping; pepper, salt and cayenne to taste; 1 lb. of gravy beef; 1 onion; 1 oz. of flour; 3 quarts of water; 1 bunch of sweet herbs; peel and juice of ½ a lemon; 2 teaspoonsful of mushroom ketchup.

Scald and thoroughly clean the giblets. Skin the feet. Remove the beak and split the heads in two. Remove the inside skin from the gizzards. Cut all into pieces, melt the dripping, put in the giblets and fry brown. Pour in the water, bring to the boil and skim. Cut up and add the meat, herbs, onion, peel of half a lemon cut very thin, and a seasoning of pepper and salt. Simmer until the gizzards are quite tender, then strain the soup into a bowl. Leave it until the next day. Skim off the fat. Melt an ounce of fat in a pan, add the flour and brown. Stir in the soup and let it boil up again, stirring it constantly. In ten minutes skim it and again strain it through a fine sieve; add the ketchup, cayenne, and the lemon juice and serve hot. If any stock be available use it instead of the beef.

GRAVY SOUP. *For 2 persons.*
(*Bouillon.*) *Time—10 minutes.*

1 lb. of gravy beef; 1 turnip; 1 pint of water; 1 onion; seasoning; 1 carrot; 1 clove.

Take a pound of gravy beef without bone, mince it very fine, and pour on it a pint of water in which a turnip, carrot, onion and a clove have been boiled. Let it simmer by the side of the fire for ten minutes, season it to taste, and it will then be fit for use. When strained off, it will make two small basins of soup. Stir before using it.

HARE SOUP. *For 8 to 10 persons.*
(*Potage au Lièvre.*) *Time—3½ hours.*

1 hare; 2 blades of mace; 1 gill of port wine; a little salt, cayenne; ¾ lb. of ham or bacon; 3 quarts of beef stock; 1 tablespoonful of red currant jelly; 2 onions; 1 bunch of thyme parsley and sweet marjoram; 2 rolls, or bread.

Wash the hare and cut it into pieces, cut the ham into slices, put them into a stewpan with the stock, onions, herbs and mace. Stew all together for about 2½ hours. Pound all the inferior parts of the hare with the ham in a mortar. Skim and strain the soup into a stewpan, add the pounded meat, the crumb of the bread or rolls, and the port wine. Simmer it for nearly half an hour, rub it through a sieve, season with a little salt and cayenne. Add the red currant jelly; make the soup very hot, but do not let it boil, and serve. Forcemeat balls (page 65) may be served in this soup.

SOUP IN HASTE.

(Soupe à la Minute.)

For 4 persons.
Time—½ hour.

1 lb. of cooked meat; 1 quart of water; salt, pepper; 2 ozs. of butter; a few slices of browned bread; 1 tablespoonful of flour.

Chop the meat very fine, or put it through a mincer, and put it into a stewpan with the butter and pepper and salt to taste. Dredge the flour over it, then add gradually a quart or more of boiling water, cover it close and simmer for half an hour. Strain it through a cloth; toast some thin slices of bread delicately brown, cut them into small squares or diamonds, put them into a tureen, and pour the soup over them. Macaroni, or vermicelli boiled tender may be added to the soup ten or twelve minutes before serving.

MOCK TURTLE SOUP (THICK).

(Potage Fausse Tortue.)

For 8 or 9 persons.
Time—6 hours.

4 lbs. of shin of beef; 1 turnip; 1 blade of mace; pepper, salt: 1 glass of sherry; a bunch of sweet herbs; ½ a calf's head; 6 cloves; 1 oz. of butter; some forcemeat balls (page 65); 1 carrot; 2 onions; a very little flour; 2 tablespoonsful of mushroom ketchup; 4 quarts of water.

Cut the meat from the bones of the shin of beef into small pieces. Wash the head well, remove the brains and tongue, cut away the nostril parts and soak the head in cold salted water for an hour. Drain, put it into a pan of cold water, bring to the boil, drain and rinse. Cut the meat from the bones of the head and tie the meat up in a piece of muslin. Put the beef bones and meat, and the calf's head bones and meat, into a pan with the cold water. Bring to the boil. Skim, add the washed, peeled and sliced vegetables and herbs, mace, cloves and salt, and simmer for 6 hours. Strain and leave until cold. Skim off all the fat. Melt the butter in a pan, add the flour and brown it. Add the stock gradually and stir until boiling. Add the wine, season to taste, and garnish with small dice of the cooked head and forcemeat balls. The rest of the meat and calf's head may be used for some other dish.

MULLIGATAWNY SOUP (THICK).

(Mulligatawny.)

For 6 to 8 persons.
Time—1½ hours.

1 fowl; 2 onions; a little salt; 1 apple; 2 ozs. of butter; the juice of 1 lemon; 2 quarts of stock; 1 gill of milk or cream; pepper; 4 cloves; 2 dessertspoonsful of curry powder; 1 oz. of flour.

Cut up the fowl into small pieces and the onions into slices, and fry them a nice brown in the butter. Add the curry powder and flour and fry, then gradually stir in the stock, apple (peeled, cored and chopped), and cloves, season and simmer for 1½ hours. Add the lemon juice and milk, season and serve. Hand boiled rice separately.

Note.—The pieces of fowl may be boned after cooking and are then returned to the soup. *Coconut water* much improves all Mulligatawny. To make it, soak 4 ounces of grated cocoanut in 1 pint of

boiling water for about ½ hour. Strain into the soup with the stock. Use 1 pint less stock if using this. *Note.*—Rabbit may be used in place of chicken. Lemon or mango chutney or pickle may be handed.

BROWN RABBIT SOUP.

For 6 *persons.*
Time—5½ *hours.*

(*Potage de Lapin.*)

1 large rabbit; 1 bunch of parsley; 1 blade of mace; 2 onions; 12 peppercorns; 3 pints of water; 4 carrots; a little salt.

Cut the rabbit into joints, dredge them with a little flour and fry them lightly with the onions cut into slices. Put them into a large stewpan and gradually pour the cold water over them, add a little salt, the mace, peppercorns, bunch of parsley, and the carrots cut into slices, boil the whole slowly for 5½ hours. Skim it well, strain and leave until cold so that the fat may be thoroughly taken off. Put it again into a stewpan, make it hot, and serve with sippets of fried bread. The rabbit may be used for some other dish, or a few of the best pieces cut into dice may be served in the soup.

SCOTCH BARLEY BROTH.

For 6 *persons.*
Time—3½ *hours.*

(*Bouillon d'Orge Ecossais.*)

1 knuckle of veal; 2 heads of celery; salt, pepper; ½ lb. of Scotch barley; 2 turnips; cayenne; 7 onions; enough water to cover the meat.

Wash the barley. When it is thoroughly cleansed, place it with the knuckle of veal in a stewpan; cover it with water, let it boil very slowly; add the onions, and simmer slowly for 2 hours, skimming it well; then add the celery, the turnips, cut in slices, and salt. Simmer for an hour and a half, skimming it constantly. Season and serve. *Note.*—The veal may be served separately, in which case take 1 pint of the broth, put it in a stewpan over a clear fire, add 1 tablespoonful of flour, blended with a little cold stock, then add a little pepper and cayenne, boil for 10 minutes. Put the veal on a hot dish and strain the sauce over.

SHEEP'S HEAD BROTH, BAKED.

For 6 *persons.*
Time—4 *hours.*

(*Potage de Tête de Mouton.*)

1 sheep's head and trotters; 2 quarts of water; 2 onions; 2 carrots; 4 peppercorns; 2 turnips; 1 bunch of sweet herbs; salt to taste.

Put the head and trotters, after they have been carefully cleaned, into an earthen jar, cover them with 2 quarts of water, tie paper closely over the jar, and bake it for 3 hours. Then take out the head and cut the meat from the bones, return the latter to the soup. Add the peeled and sliced vegetables and simmer again for an hour. Strain and re-heat, cut the meat into small pieces, warm it in the soup and serve.

VEAL BROTH. *For 7 or 8 persons.*
(*Bouillon de Veau.*) *Time—2¾ hours.*

4 lbs. of the scrag of veal; 2 blades of mace; 2 quarts of water; 1 turnip; salt; 1 onion; ½ lb. of rice.

Cut the veal into small pieces, and put them in a stewpan. Pour the water over them and set it over the fire. Remove all scum. Add the onion, turnip, mace, and a little salt. Let it all stew slowly for 2 hours. Then strain it through a sieve. Return the liquid to the pan, and put in a ¼ lb. of rice boiled very tender. Boil it again for 10 minutes and serve.

WHITE SOUPS AND VEGETABLE PURÉES.

INEXPENSIVE CARROT SOUP. *For 4 persons.*
(*Potage Crécy.*) *Time—1½ hours.*

13 ozs. of scraped carrot; a quart of stock; salt, pepper.

Wash and grate the red part from five or six large carrots, weigh and boil in water until tender. Drain well and rub the carrots through a sieve. Add the stock gradually, season, re-heat, stirring all the time, and serve hot. Hand dice of fried bread.

CELERY SOUP. *For 5 or 6 persons.*
(*Soupe au Céleri.*) *Time—1½ hours.*

Carcase and remnants of a cold roast fowl; salt, pepper; 2 ozs. of lean bacon; 1½ ozs. of butter; ½ pint of milk; 1 quart of stock; 2 heads of celery; 1 oz. of flour.

Cut up and put the remnants and carcase of the fowl into a saucepan; add to them the bacon cut up small and the celery cut into 4-inch lengths and tied in bundles. Add the stock and let all simmer for one hour. Strain. Rub the celery through a sieve, and mix it with the strained liquor. Blend the flour with the milk, add it to the purée, put both into a pan and stir over low heat until boiling. Add the butter bit by bit, beating each piece in well; season and serve. Note.—The remnants of fowl may be omitted and 3 pints of stock used.

CHESTNUT SOUP. *For 6 persons.*
(*Purée aux Châtaignes.*) *Time—1 hour.*

lbs. of Spanish chestnuts; 2 lumps of sugar; 5 pints of good stock; 1 pint of milk; a little salt and cayenne.

After removing the outer rind from the chestnuts, put them into hot water, and set them over the fire until the brown skin can be easily taken off. Put them into a stewpan, pour over them a little

good stock and let them simmer until quite soft. Then press them through a fine sieve. Put the purée into a pan, add the rest of the stock, the milk, a little salt, cayenne pepper and the sugar. Boil the soup once more, stirring it constantly, and serve it very hot.

CUCUMBER SOUP.

(*Crème de Concombres.*)

For 5 persons.
Time—1½ hours.

3 cucumbers; 1 bunch of herbs; 1 lb. of spinach; salt, pepper; 1 onion or leek; 2 ozs. of butter or margarine; 1 blade of mace; 1 quart of white stock of any kind; ½ oz. of arrowroot; 1 gill of milk.

Peel the cucumbers, cut some round balls with a vegetable scoop from one, and boil these balls, which are to be used as garnish, in a little water. Shred the rest of the cucumber, blanch it, and drain. Melt the butter in a pan, add the shredded cucumber, the well-washed spinach and the onion, peeled and sliced thinly, the bunch of herbs and the mace. Cover and cook for 5 minutes without browning, stirring occasionally. Add the stock and stir until boiling. Simmer until the cucumbers are soft, about 1 hour. Mix the arrowroot to a smooth paste with the milk, add it to the soup and stir for 6 minutes over low heat. Rub the soup through a hair sieve, return it to the pan and re-heat. Garnish with the balls of cucumber and serve with croûtons of fried bread.

HARICOT SOUP.

(*Purée aux Haricots.*)

For 4 persons.
Time—2 hours.

½ pint of haricot beans; 1 turnip; salt, pepper; 1 onion; 1 quart of vegetable or cereal stock or water; 2 small potatoes; ¼ pint of milk.

Wash the beans and soak them overnight in cold water. Put them into a pan with the stock and the water in which they were soaked. Bring to the boil and skim. Wash, peel and slice the vegetables and add them. Simmer all gently for 2 hours or until the beans are tender. Rub all through a sieve. Add the milk. Return the mixture to the pan. Boil up again. Season and serve.

LENTIL SOUP.

(*Purée de Lentilles.*)

For 5 or 6 persons.
Time—2 hours.

1 pint Egyptian lentils; salt to taste; ¼ pint of milk; 5 pints of stock; 1 bunch of sweet herbs; 2 ozs. of bacon; 1 teaspoonful of celery seed tied in a muslin bag; mint.

Soak the lentils for ½ hour in cold water; then put them into the stock and add the celery seed, herbs, and shredded bacon. Simmer gently for 2 hours, rub through a sieve; re-heat, add the milk, season, make hot and serve. Hand powdered mint and finely shredded fried bacon.

VEGETABLE MARROW SOUP.

(Soupe au Courge.)

For 6 persons
Time—1½ hours.

1 small marrow; 2 ozs. of bacon or ham; 1 blade of mace; 1 onion; 1 oz. of margarine; 1 oz. of rice; 3 pints of any kind of well-flavoured stock; salt, pepper; 1 gill of milk.

Peel and chop the onion. Peel the marrow, cut it into small pieces and remove the seeds. Wash the rice. Cut the bacon or ham into strips. Melt the margarine in a pan, add the onion and bacon, fry them without browning, then add the marrow and stock. Bring to the boil, add the rice, salt and mace. Simmer for 1½ hours. Rub through a sieve, add the milk, season and stir until boiling. Serve with cubes of fried bread. A richer soup may be made by adding the yolks of one or two eggs and ½ gill of cream.

MILK SOUP.

(Potage Velouté.)

For 4 persons.
Time—1 hour.

1 carrot; 1 bayleaf; ½ pint of milk; 1 turnip; 1 oz. of butter or margarine; salt; 1 onion; ½ pint of white stock or water.

Wash, peel or scrape the vegetables, and slice them. Melt the butter in a pan, add the vegetables, and stir for 5 minutes. Add the stock or water and bay leaf, bring to the boil, and simmer for about ¾ hour. Strain; return the soup to the pan, add the milk, stir until boiling; then serve.

This soup can be thickened with the yolk of an egg, if desired. Mix the egg with the milk, and add it; stir until just on the boil, but do not let it boil, or the egg will curdle. Pour into a tureen and hand dice of toast.

ONION SOUP.

(Soupe aux Oignons.)

For 5 persons.
Time—1½ hours.

2 lbs. of Spanish onions; salt, cayenne; 2 quarts of white stock; pepper; ½ pint of milk; 2 ozs. of breadcrumbs.

Peel and slice the onions, put them into a pan of boiling water and boil for ten minutes. Strain off the water, add the stock and boil for one hour. Rub the onion through a sieve, return the purée to the pan, bring it to the boil, sprinkle in the breadcrumbs, add the milk, stir until boiling, season and serve. A little stewed spinach or asparagus heads greatly improve the flavour of the soup.

PALESTINE SOUP.

(Purée à la Palestine.)

For 8 persons.
Time—1½ hours.

3lbs. of Jerusalem artichokes; salt and cayenne to taste; 1 turnip; 1 onion; 3 pints of white stock; 1 head of celery; 1 lump of sugar; ½ pint of milk.

Wash, pare and cut the artichokes, turnips, onion and celery into pieces; put them into a stewpan with sufficient white stock to cover them, and let them boil gently for an hour or until they are

quite tender; rub them through a sieve. Add the milk, boil up and season the purée with sugar, pepper, salt and cayenne. Serve very hot. Hand dice of fried bread. If too thick add a little more milk.

PEA SOUP. *For 6 persons.*
(*Potage à la Purée de Pois Verts.*) *Time—2½ hours.*

1 lb. of split peas; salt, pepper; 2 quarts of water or vegetable or cereal stock; 2 onions (shredded); 3 ozs. of bacon; mint.

Wash and soak the peas for 24 hours, and put them into a saucepan with the water in which they were soaked, made up to 2 quarts. Add the shredded onions and the bacon cut into strips, bring to the boil, and simmer until soft, from 2 to 2½ hours. Rub through a sieve, and return the purée to the pan; season and re-heat. Put a little chopped or powdered dried mint at the bottom of the tureen. Pour the boiling soup over and serve with small dice of toast. If the soup thickens too much while cooking, add more stock.

GREEN PEA SOUP MAIGRE. *For 6 or 8 persons.*
(*Purée de Petits Pois Maigre.*) *Time—2 hours.*

1 quart of young green peas; 1½ ozs. of butter; 2 quarts of water; 1 onion; a handful of spinach; 2 lettuces; 1 sprig of mint; pepper and salt.

Shell the peas. Wash the pods, put them into a pan with the mint and water and boil for about one hour. Rub the pods through a sieve, return the pulp and liquor to the pan, add the hearts of the lettuces and the spinach, well washed and finely shredded, the peas and the peeled and shredded onion. Simmer for ½ hour or until the vegetables are soft. Knead the butter and flour together and add them bit by bit, stirring each piece in well before adding the next. Season and serve with fried bread.

POTATO SOUP. *For 4 or 5 persons.*
(*Potage Parmentier.*) *Time—1½ hours.*

1 quart of white stock; pepper and salt; 2 ozs. of rice; ½ pint of milk; 1½ lbs. of mealy potatoes; 1 head of celery; ½ pint of peas or 3 leeks; 1 oz. of butter.

Wash, peel and slice the potatoes. Remove the roots and part of the green tops of the leeks and cut the rest into slices. Peel and slice the onion. Melt the butter in a pan, add the vegetables, and stir over the fire without browning for 5 minutes. Add the stock and washed and sliced celery. If peas are used in place of leeks, they are shelled and added with the celery. Bring to the boil, stirring all the time. Wash the rice in two or three waters and add. Simmer for an hour or until the vegetables are soft. Rub all through a sieve, return the purée to the pan. Add the milk, season well and re-heat, stirring all the time. Serve with dice of toast or fried bread.

SPINACH SOUP.

For 4 persons.

(*Purée aux Epinards.*)

Time—About ½ hour.

2 lbs. of spinach; 1 oz. of margarine; 1 teaspoonful of celery seeds (tied in muslin); 1½ pints of stock; salt, pepper; ¼ a pint of milk; 1 onion; a grate of nutmeg.

Wash the spinach well in several waters; put it into a saucepan and cook it without water. Add the shredded onion and celery seeds. When cooked, remove the celery and rub the spinach through a sieve, and return the pulp to the pan with the stock, milk and margarine, and stir until boiling. Season, add the nutmeg and serve. Hand dice of fried bread.

TOMATO SOUP.

For 4 or 5 persons.

(*Soupe aux Tomates.*)

Time—2 hours.

2½ lbs. of tomatoes or 1 tin of tomatoes; 1½ ozs. of butter or margarine; 2 ozs. of ham; salt, lemon juice; 3 pints of stock of any kind; 10 peppercorns; 1 blade of mace; 1 oz. of cornflour; 1 bunch of herbs; 1 onion; 1 carrot; 1 turnip; 2 sticks of celery or 1 teaspoonful of celery seeds tied in muslin.

Wash, peel and slice the carrot, turnip and onion. Wipe the tomatoes and after removing the stalks, cut them in slices. Wash and slice the celery, cut up the ham. Melt the margarine in a pan, add the ham and all the vegetables except the tomatoes, stir over low heat for 5 minutes. Add the tomatoes, stock, mace, peppercorns, herbs and a little salt. Simmer gently for about 1½ hours or until the vegetables are soft. Remove the herbs and rub the soup through a sieve. Return the purée to the pan, stir until boiling. Blend the cornflour with a little cold stock, water, or milk, and stir it into the soup; stir until boiling, simmer for 5 minutes, add a little cochineal or carmine and a squeeze of lemon juice, season and serve. Hand fried croûtons. If tinned tomatoes be used, half a pint less stock will be required.

VEGETABLE MULLIGATAWNY SOUP.

For 8 persons.

(*Mulligatawny Maigre.*)

Time—1½ hours.

2 quarts of stock of any kind (vegetable, cereal, pot liquor); ½ lemon; 1 bunch of herbs or 1 teaspoonful of herbs (tied in muslin); 2 apples; 2 carrots; 2 onions; 2 tablespoonsful of flour; 2 ozs. of fat; 1 leek (if liked); 1 turnip; 2 sticks of celery; 1 tablespoonful of curry powder; salt.

Peel, core and chop the apples, tie up the herbs. Melt the fat in a saucepan, add the washed, peeled and sliced vegetables, and fry brown, stirring often. Add the flour and curry powder and fry, then gradually stir in the stock and apples. Stir until boiling. Simmer for 1 hour. Season. Add the lemon juice, and if too thick a little more stock. Strain into a soup tureen. Hand boiled rice.

CEREAL SOUPS.

CREAM OF BARLEY SOUP.

(*Crème d'Orge.*)

For 4 or 5 persons.
Time—2½ hours.

2 ozs. of pearl barley; 2 outside sticks of celery; 1 quart of stock; 1 gill of milk; 1 onion; salt, pepper.

Wash the barley, put it into a pan with the stock, sliced onion and celery, cut into lengths. Bring to the boil; then simmer gently for 2 hours and rub all through a sieve. Return the purée to the pan, add the milk and seasoning. Bring to the boil, stirring all the time; then pour the soup into a tureen. Hand dice of fried bread or toast with it.

MACARONI SOUP.

(*Potage Macaroni.*)

For 8 persons.
Time—¾ hour.

½ lb. of macaroni; ½ lb. of Parmesan cheese; 2 quarts of white stock; 1 French roll, or bread; 1 pint of milk.

Boil the macaroni in a quart of good stock until it is quite tender; then take out half the macaroni. To the remainder add the other quart of stock and boil it until it is possible to pulp the macaroni through a very fine hair sieve; return the purée to the pan with the milk and stir until boiling. Chop the macaroni which was kept back into inch lengths. Add the grated cheese and re-heat, but do not let it boil again. Serve with the crust of a French roll, cut into small pieces, or with fried bread. *Note.*—Any dry cheese may be used for this.

RICE SOUP.

(*Potage au Riz.*)

For 5 persons.
Time—½ hour.

3 pints of good well-flavoured brown or white stock; 2 ozs. of rice; salt, pepper.

Skim the fat from the stock, put the latter into a pan and bring to the boil. Wash the rice in several waters, and sprinkle it into the stock. Stir until boiling, simmer until the rice is soft, season and serve. *Note.*—If liked, a purée of tomatoes, made by rubbing 1 lb. of tomatoes through a sieve, may be added to the stock with the rice.

COLD SOUP.

FRUIT SOUPS.

This can be made from any kind of ripe fruit, such as currants, raspberries, cherries or plums boiled in water or clear vegetable or bone stock. Allow 1 lb. of fruit to 1 quart of liquid; boil until the fruit is soft, then strain. Return the liquid to the pan, bring to the boil and sprinkle in 1 oz. of sago, semolina or tapioca; stir until the cereal is clear. Season with salt, pepper and a teaspoonful of sugar. If the soup tastes acid, add more sugar. When cold, set it on ice.

SAUCES, GRAVIES, BATTERS

SAUCES.

A well-made sauce is a very essential part of a good dinner. A badly-made sauce will ruin otherwise good cooking, while a good plain sauce, if well made, will improve the most simple dish.

A well-made sauce should be perfectly smooth, neither too thick nor too thin, and should be delicately flavoured. When a sauce is required for coating, it must be thick enough to adhere to the back of a spoon. If required for pouring round a dish, it should be thin enough to flow without being lumpy.

If required to be kept warm for some time, sauces should be put in a " bain-marie," or if this is not available, the saucepan in which the sauce was made should be placed in another pan of boiling water, or in a baking tin full of boiling water. This should be kept on the stove. A bain-marie is a large pan containing hot water in which smaller pans, with lids, containing sauces, etc., are placed to keep hot.

The thickest saucepans should be used for sauce-making and only wooden spoons should be used for stirring.

All sauces, except those which contain a chopped ingredient such as parsley, egg and so on, should be strained. A pointed strainer is the easiest to use. The best sauces are rubbed through a hair sieve, or wrung out through a tammy cloth.

A tammy cloth is made of strong fine woollen material, sold especially for rendering purées, soups and sauces very smooth. Rather more than a yard is required to make one cloth. It is necessary to have assistance in order to tammy a sauce successfully, as the sauce is put into the cloth which is then twisted tightly in opposite directions, as if wringing out clothes, until it has been wrung through. A thick mixture is sometimes rubbed through with wooden spoons.

Soak the tammy cloth in cold water directly it has been used, then wash out in hot water, rinse and hang it up to dry. Never wash with soap.

MADE GRAVIES AND SAUCES.

Plain joints roasted, except lamb, make their own gravy. Made gravies and sauces are necessary for more elaborate, and less homely, cooking.



1—Round of Beef. 2—Aitchbone. 3—Ribs of Beef. 4—Flank of Beef.
5—Loin of Pork. 6—Loin of Veal. (*See pages* 17, 18 *and* 19.)



1—Leg of Mutton. 2—Shoulder of Mutton. 3—Neck of Mutton. 4—Saddle of Mutton. 5, 6—Hind Quarter of Mutton, showing division of Leg and Loin.
(*See page* 18.)

Two kinds of gravies are made, *i.e.*, brown and white. These are required for making nearly all the other more complicated gravies and sauces, premising that beef is the foundation of brown or savoury gravies, and veal or fowls that of the white and more delicate gravy. It is not always necessary to use meat or poultry for making gravies; any kind of stock will do; the trimmings of beef, veal or mutton and the bones of cold joints of meat, or uncooked bones, will all afford materials for it.

BROWN GRAVY.

Place the bones, whether beef, mutton or veal, or a mixture of all three, in a stewpan, with a slice or two of bacon or ham, and any bones broken up small. Add a few slices of carrot, an onion, a blade of mace, two or three cloves, black or white peppercorns, a bunch of sweet herbs. Cover the stewpan and set it over a slow fire for six or seven minutes, shaking the pan often. Then dredge in a little flour, and pour in sufficient water to cover the bones completely. Cover the stewpan and simmer for 3 hours. Season to taste and strain off the gravy. Good gravy can be made from kidney, the skirts of beef, the knuckle of dressed mutton, or any other meat cut into small pieces and fried a nice brown, with onions, a bunch of sweet herbs, and spices. The water in which meat has been boiled, improves and adds to the richness of gravy. A cow-heel, also, will yield a good gravy stock. Soak it about 12 hours in cold water, and then boil it for 2½ hours. When strained and quite cold, take off the fat carefully.

The directions for making colouring for soup (page 32) may be used for gravies.

WHITE GRAVY.

Simmer the trimmings of veal or fowls with pot vegetables in sufficient water to cover. Do not brown as in previous recipe.

White meats, and all white made dishes, require a smooth, delicately flavoured gravy or sauce; brown made dishes, a more piquant and savoury one.

GLAZE.

Time—Till it becomes a jelly.

Boil some very strong clear gravy or jellied stock over a quick fire, to the thickness of cream, skimming and stirring constantly until it will adhere like jelly to the spoon. It must then be immediately poured out of the saucepan. The greatest care is required during the time of thickening to prevent it from burning. When required for use, dissolve it by placing the jar (or whatever it may be kept in) in boiling water, and brush it over the meat two or three times, when it will form a clear varnish. Any kind of very rich stock can be boiled down to a glaze. To be used for hams, tongue, etc. *Note.*—A few drops of cold water added occasionally while boiling help to clear the glaze.

HOW TO USE GLAZE.

Melt the glaze as directed above. Lay it on the meat or cutlets with a paste brush. It soon becomes firm. When one layer is dry, put on another, till it forms a clear varnish. A ham will take three layers to look really nice, but each layer must be dry before putting on the next.

THICKENINGS.

A sauce always has some kind of thickening or binding, or liaison as it is called.

There are five methods of thickening sauces :—

1. Liaison with roux.
2. Liaison with butter and cream.
3. Liaison with eggs.
4. Liaison with butter and flour (mixed, not cooked, like roux).
5. Liaison with cornflour, arrowroot, barley, rice or potato flour.

To Brown Flour. *Time*—10 *minutes.*

Put some flour in a pan or dish, and set it in the oven, or over the fire. Stir it that it may not burn ; but let it brown well. Keep it in a dredging box for browning ordinary gravies.

ROUX.

There are three kinds of roux—white, blond and brown. These can be made in fairly large quantities and kept in covered jars for use when required.

BROWN ROUX. *Time— About ½ hour.*

(*Roux Brun.*)

(To be kept for use.)

½ lb. of butter. ½ lb. of flour.

Melt the butter over a very slow fire, skim it well, and let it stand to settle. Pour it from the sediment into a small stewpan, dredge in the flour and stir it over low heat until it has become of a bright brown colour. Keep it in a covered jar.

WHITE ROUX. *Time—½ hour.*

(*Roux Blanc.*)

½ lb. of butter. ½ lb. of flour.

Melt the butter over a very slow fire in a clean saucepan, and then stir in the flour ; mix it to a firm paste. It must be stirred for ½ hour, but great care must be taken that it does not in the slightest degree lose its pure, white colour. Keep in a covered jar.

BLOND ROUX. *Time—½ hour.*

(*Roux Blond.*)

½ lb. of butter. ½ lb. of flour.

Melt the butter over a slow fire, stir in the flour and stir over low heat until the mixture becomes pale fawn. Keep in a covered jar.

HOW TO USE ROUX.

A tablespoonful will thicken a pint of liquid. Pour the cold or hot liquid gradually on to the roux, stirring well. Stir over low heat until boiling. If freshly-made hot roux may be used, add the hot liquid away from the fire, then stir it over the fire, until boiling. Roux must be kept well covered. A smaller quantity may be made, allowing the same proportions of butter and flour.

LIAISON WITH BUTTER AND CREAM.

Equal proportions of butter and cream are incorporated gradually into a sauce just before serving it stirring in small pieces of butter and a little cream alternately. Stir well or whisk, but never let the sauce " boil " after the butter and cream have been added, or it will be spoilt as the butter may oil. If butter alone be added, never put in a big piece at once, but break it into little bits and add these one by one, beating or whisking each bit in before adding the next.

EGG LIAISON.

Egg Liaison is composed of yolks of eggs beaten up with a small quantity of cream or milk. The sauce must be boiling when the liaison is added therefore, to keep the egg from curdling, add a spoonful of the hot sauce gradually to the liaison and blend well, then stir it into the sauce. Stir by the side of the fire until the eggs thicken, but on no account let the mixture boil after the eggs are added, as they may curdle.

BUTTER AND FLOUR LIAISON.

Knead as much flour into the butter as is given in the recipe in which it is used, and when a soft paste is formed, stir it bit by bit into the hot sauce, whisking until each piece of butter is melted.

ARROWROOT, CORNFLOUR, ETC., LIAISON.

Blend the arrowroot or cornflour with a little cold milk, stock or water ; strain it into the boiling liquid and stir until boiling ; then simmer for 10 to 15 minutes.

FOUNDATION SAUCES.

The leading foundation sauces are a Brown or Espagnole sauce and a White sauce called Béchamel. It is a good plan to make a basinful of these sauces at the beginning of the week ; if boiled up daily or whenever used, they will keep in a cold larder for a week, or for two or three days in hot weather. Cover the basins with muslin weighted with beads.

BÉCHAMEL SAUCE.

(Sauce Béchamel.)

About 1 *pint.*
Time—1 *hour.*

½ carrot; 1 stick of celery; 1 bunch of sweet herbs; ½ pint of milk; ½ turnip; 1 oz. of flour; 2 cloves; a little salt; 1 small onion; 1 pint of white stock; 1 bay leaf; 1 sprig of parsley.

Put the white stock in a stewpan with the vegetables, herbs, parsley, cloves and salt. Set it over a gentle fire to draw out the flavour of the herbs, then boil it until reduced to nearly half the quantity. Strain, mix the flour with the milk, add it to the stock, bring to the boil and simmer all together for 10 to 12 minutes or until the sauce is of the proper consistency. Should it be too thick, add a little more milk.

BÉCHAMEL SAUCE MAIGRE.

Make as above, only use milk, or milk and water, in place of meat stock.

BROWN SAUCE.

(Sauce Brune.)

About 1 *pint.*
Time—1 *hour.*

1 oz. of butter or margarine; 1 pint of stock; 2 cloves; 1 blade of mace; 1 oz. of flour; 1 carrot; 2 sticks of celery or ½ teaspoonful celery seeds tied in muslin; 1 onion; ½ turnip; 1 bunch of herbs; 10 peppercorns; salt.

Melt the butter in a saucepan. Peel and slice the onion and add it. Stir until brown, then add the flour and brown also. Draw the pan to the side of the fire and add the stock gradually. When blended smoothly, stir until boiling over the fire, simmer for 5 minutes and skim. Wash, peel and cut up the other vegetables and add them together with the bunch of herbs, seasonings and flavourings. Simmer all for ½ hour, then strain or tammy the sauce. Re-heat the sauce before using.

ESPAGNOLE SAUCE.

(Sauce à l'Espagnole.)

2 *quarts.*
Time—2 *hours.*

4 ozs. of any trimmings of veal; 1 blade of mace; 1 onion; ½ head of celery; 1 gill of claret; 4 ozs. of flour; 3 quarts of stock; the remains of game and poultry; 1 bay leaf; 2 shallots; 1 wineglass of sherry or raisin wine; 12 peppercorns; some mushrooms, fresh or bottled; 4 ozs. of ham; 1 bunch of sweet herbs; 1 carrot; salt; 4 ozs. of butter; ½ pint of tomato pulp.

Wash, peel and cut up the vegetables; melt one ounce of the butter in a pan, add all the vegetables, except the mushrooms, and brown them. Add the remains of any game or poultry, and the ham cut up small, the herbs, bay leaf, mace, cloves and peppercorns, and stir them over the fire until light brown. Pour off the fat, add the stock, tomato pulp, mushrooms and wine. Simmer for 1 hour, skim often. Melt the remaining 3 ozs. of butter in another pan, stir in the flour and brown. Add the sauce gradually, stir until boiling, simmer for 1 hour, stirring occasionally. Skim and tammy. This sauce will keep for some time. The claret may be omitted.

MELTED BUTTER SAUCE. *½ pint.*
(*Sauce Blanche.*) *Time—5—minutes.*

1 oz. of flour; pepper; pinch of salt; 1½ ozs. of butter or margarine; ½ pint of water and milk mixed.

Melt the butter in a pan, add the flour and blend well. Add the water and milk gradually, stir until boiling, then simmer gently for 5 minutes, season, strain and use. A few drops of lemon juice improve this.

MELTED BUTTER (Oiled Butter). *About ½ gill.*
(*Beurre Fondu.*) *Time—10 minutes.*

3 ozs. of fresh butter; salt, pepper.

Put the butter into a small, very clean pan, and stir over low heat until melted; do not let it boil. Add the seasoning and serve in a hot sauce boat. This is used with asparagus, sea kale, globe artichokes and sometimes with boiled fish.

WHITE SAUCE MADE WITH STOCK. *1 pint.*
(*Sauce Velouté.*) *Time—20 minutes.*

2 ozs. of butter; a squeeze of lemon juice; 1½ ozs. of flour; salt, pepper; 1 pint of veal or chicken stock.

Melt the butter in a pan, add the flour and blend well. Cook over low heat without browning for 5 minutes, stirring all the time. Draw the pan to the side of the fire and add the stock gradually. Stir over the fire until boiling, simmer for 10 minutes, add the lemon juice and season to taste. Strain or tammy.

HOT BROWN SAUCES.

BLACK BUTTER SAUCE. *½ gill.*
(*Sauce au Beurre-Noir.*) *Time—10 minutes.*

2 ozs. of fresh butter; 1 dessertspoonful of chopped parsley; 1 tablespoonful of vinegar; salt, pepper.

Put the butter into a small pan and heat it over the fire until golden brown. Cool slightly. Add the vinegar off the fire, then re-heat the sauce very slowly, but do not boil. Add the parsley and seasoning. This is much used with skate.

CURRY SAUCE. *1 pint.*
(*Sauce au Kari.*) *Time—½ hour.*

1 tablespoonful of curry powder; 1 apple; 2 sprigs of thyme; ½ teaspoonful of vinegar; 2 ozs. of butter; 1 oz. of flour; 1 pint of stock; 1 onion; 4 peppercorns; salt.

Put the chopped onion, the butter, peppercorns, and thyme, into a stewpan, and stir them over a gentle fire until they are tender and browned; then add the curry powder and flour, and brown. Add the vinegar and stir in the stock gradually. Stir until boiling;

add the apple, peeled, cored and chopped, and simmer the sauce until thick—about 20 minutes. Season, strain and use.

HALF GLAZE SAUCE. *½ pint.*
(*Sauce Demi-glace.*) *Time—25 minutes.*

½ pint of Espagnole sauce (page 50); 1 glass of Madeira; ½ oz. meat glaze.

Put the Espagnole sauce into a pan and reduce it by boiling for 20 minutes. Add the glaze and stir until it has dissolved, then add the wine, bring the sauce to the boil, and serve.

SAUCE FOR A HARE. *1 pint.*
(*Sauce pour Lièvre.*) *Time—¾ hour.*

1 carrot; 1 blade of mace; ¾ pint of brown sauce (page 50); 1 onion; a sprig of thyme; 1½ ozs. of butter; 1 gill of stock or gravy; 1 clove; ½ gill of vinegar; a little horseradish; 2 tablespoonsful of currant jelly; salt, pepper.

Cut the carrot and onion into slices, put them into a stewpan with the mace, clove, thyme and butter. Brown them lightly, then stir in the vinegar, stock, and the brown sauce and a dessertspoonful of grated horseradish. Season to taste, bring to the boil and simmer for 40 minutes. Add the currant jelly, strain the sauce through a sieve, and serve with hare or venison.

INDIAN DEVIL SAUCE. *1½ gills.*
(*Sauce au Diable.*) *Time—8 to 10 minutes.*

4 tablespoonsful cold gravy; 1 tablespoonful each: vinegar, chutney paste, ketchup; 2 teaspoonsful each: salt and made mustard; 2 ozs. butter.

Mix all the ingredients smoothly in a soup plate with the butter just melted. This sauce is useful for cold meat, game and poultry which is to be re-heated—in other words "devilled."

ITALIAN SAUCE. *½ pint.*
(*Sauce Italienne.*) *Time—¼ hour.*

½ pint of good beef or veal stock; 2 lumps of sugar; 2 mushrooms; 1 sprig of parsley; juice of ½ a lemon; ½ glass of white wine; salt, pepper.

Put the stock into a stewpan with the mushrooms and wine, and let it stew slowly for about ¼ hour, then squeeze in the lemon juice; add a sprig of parsley chopped very fine, the sugar, salt and pepper, and let it boil up. Keep it warm in a bain-marie till required. This may be thickened with a dessertspoonful of brown Roux.

BROWN MUSHROOM SAUCE. *½ pint.*
(*Sauce aux Champignons Brunes.*) *Time—20 minutes.*

1 lb. of mushrooms (button or flat); 1 oz. of butter or margarine; ½ pint of brown gravy or stock; 1 oz. of flour; ½ lemon; salt, pepper.

Wash the mushrooms in cold water, drain and dry in a cloth. Peel and remove the stalks, and cut the mushrooms in pieces. Put them into a pan with the gravy and thinly peeled rind of the half

lemon, and a little salt and pepper, simmer until tender. Melt the butter in another pan, add the flour and brown, gradually stir in the mushroom mixture, and simmer for 5 minutes, stirring all the time. Add the lemon juice, remove the peel, season and serve.

ROBERT SAUCE. ½ *pint.*

(*Sauce Robert.*) *Time*—30 *minutes.*

1 Spanish onion; ½ pint Espagnole sauce (page 50); 1 teaspoonful each: anchovy essence, French mustard; ½ oz. of butter; 2 tablespoonsful vinegar; pepper and salt.

Chop the onion finely and fry it light brown in the butter, add the vinegar, mustard and a little pepper and salt. Reduce to half the quantity, add the brown sauce and anchovy essence and simmer for 10 minutes. Strain and use. This sauce can be poured round chops or steaks, pork or goose.

TOMATO SAUCE. ½ *pint.*

(*Sauce aux Tomates.*) *Time*—*About* 1 *hour.*

6 tomatoes; 1 oz. each: bacon, cornflour, butter; ½ oz. celery seed; 1 bay leaf; ½ pt. stock; a little salt, pepper; cayenne; ½ onion; bunch of thyme.

Remove the stalks from the tomatoes. Stew gently for 5 minutes with the herbs and seasonings, the bacon cut into strips, and the onion sliced. Add the stock. Simmer until the tomatoes are soft, strain through sieve and return to pan. Blend the cornflour with a little cold water or stock and stir into the sauce. Stir until boiling, simmer for 5 minutes and serve.

WHITE SAUCES.

APPLE SAUCE. *About* 1 *pint.*

(*Sauce aux Pommes.*) *Time*—20 *mins.*

1½ lbs. apples; 1 oz. butter; 1 oz. sugar; ¾ gill water.

Pare, core and slice the apples. Boil in the water until sufficiently tender to pulp. Beat up smoothly with the butter and sugar.

BREAD SAUCE. ½ *pint.*

(*Sauce au Pain.*) *Time*—1 *hour.*

1 pint milk; 2 cloves; 4 ozs. breadcrumbs; cayenne, salt; 1 onion; 1 oz. butter.

Peel the onion and stick the cloves into it. Put it into a pan with the milk and bring slowly to the boil, add the breadcrumbs and leave the pan by the side of the fire for about an hour or until the bread thickens and becomes soft. Remove the onion, add the butter and seasoning. Make the sauce hot and serve it in a tureen. *Note.*—If too thick, add more hot milk.

CAPER SAUCE. ½ *pint.*

(*Sauce aux Câpres.*) *Time*—9 *minutes.*

½ pint of melted butter or Béchamel sauce (pages 49 and 51); 1 tablespoonful of capers; 1 dessertspoonful of caper vinegar; salt, pepper.

Chop the capers roughly, add them to the hot sauce, boil for 2 or three minutes, season, add the vinegar and serve. *Note.*—If

used with boiled mutton, make the sauce with water in which the meat was cooked. If used with fish make the sauce with fish stock.

WHITE CELERY SAUCE. *¾ pint.*
(*Sauce au Celeri.*) *Time—½ hour.*

1 head of celery; 1 oz. of flour; ½ pint of white stock; 1 oz. of butter; 1 gill of milk; salt, nutmeg.

Wash the celery clean, and boil it in 2 quarts of water with a little salt. When tender, drain off the water and rub the celery through a sieve. Melt the butter, add the flour and stir well. Add the stock and nutmeg. Stir until boiling, add the celery purée and milk, boil up, season and serve. A little cream in place of the milk improves this sauce greatly.

CHEESE SAUCE. *½ pint.*
(*Sauce Mornay.*) *Time—10 minutes.*

½ pint of melted butter or Béchamel sauce (pages 51 and 40); 2 ozs. of grated cheese; salt, pepper; ½ teaspoonful of made mustard; cayenne.

Make the Béchamel or melted butter. Add the mustard to a spoonful of the sauce and blend well, then stir it into the rest of the sauce. Add the cheese and stir over gentle heat until the cheese has melted. Season to taste.

A richer sauce is made by adding a tablespoonful of chopped fresh or preserved mushrooms to the sauce before adding the cheese. Simmer for 15 minutes. Strain, add the cheese and finish as above.

CHESTNUT SAUCE. *½ pint.*
(*Sauce aux Marrons.*) *Time—1 hour 35 minutes.*

½ pint of white stock; 1 gill of cream or milk; ½ lb. of chestnuts; a very little cayenne; peel of ½ a lemon; salt.

Remove the dark shell of the chestnuts, and scald until the inner skin can be easily taken off. Then put into a stewpan with the stock, the lemon peel cut very thin, and a very little cayenne pepper and salt. Simmer until the chestnuts are quite soft. Rub or press them through a sieve. Return the purée to the pan, add the seasoning and cream, and simmer for a few minutes, stirring it constantly, but do not boil after adding the cream.

EGG SAUCE. *½ pint.*
(*Sauce aux Œufs.*) *Time—6 minutes.*

½ pint of melted butter or Béchamel sauce (pages 51 and 50); 1 or 2 hard boiled eggs; ½ oz. of butter; salt, pepper.

Boil the egg or eggs hard, peel and chop them finely, add them to the hot sauce. Whisk in the butter bit by bit. Season and

serve. *Note.*—If used for fish, make the sauce of half milk and half fish stock.

FENNEL SAUCE. ½ *pint.*
(*Sauce Fenouil.*) *Time*—6 *minutes.*

½ pint of melted butter (page 50), or Béchamel sauce (page 50); 1 tablespoonful of chopped fennel; salt, pepper.

Wash the fennel, pick it from the stalks and cook in boiling water until tender. Drain, squeeze dry in a cloth and chop finely. Add it to the melted butter or Béchamel sauce and season. This can be made with half fish stock, when used for fish.

ONION SAUCE. ½ *pint.*
(*Sauce aux Oignons.*) *Time*—*About* 30 *minutes.*

½ pint of melted butter or Béchamel sauce (pages 51 and 50); 4 onions; seasoning

Peel the onions and boil them in salted water until tender; drain, press out all the moisture, and chop them. Make the sauce hot, add the onions, re-heat, season and serve.

ORANGE SAUCE FOR WILD FOWL. ½ *pint.*
(*Sauce Bigarade.*) *Time*—10 *or* 12 *minutes.*

½ pint of Espagnole or Sauce Brune (see page 50); ½ pint of claret; ½ the rind of a Seville orange; juice of ½ a lemon; a little cayenne pepper; a strip of lemon peel; 2 dessertspoonsful of the juice of the Seville orange.

Boil half the rind of a Seville orange, a strip of lemon peel and a lump of sugar in ½ pint of Espagnole or Sauce Brune for 10 or 12 minutes. Then strain it off, and squeeze into it the juice of ½ a lemon, add a little juice from the Seville orange and the claret. Warm it, and season with cayenne and serve.

PARSLEY SAUCE. ½ *pint.*
(*Sauce Maître d'Hôtel.*) *Time*—6 *minutes.*

½ pint of melted butter (see page 51), or Béchamel sauce (page 50); 1 dessertspoonful of chopped parsley; squeeze of lemon juice; salt, pepper.

Make the melted butter or Béchamel. When cooked, add the parsley, finely chopped, and the lemon juice. Season and serve. If this sauce is used for fish, make the melted butter with half fish stock and half milk. *To Prepare Parsley.*—Pick off the stalks, wash the parsley, squeeze it very dry in a cloth and chop on a board with a sharp knife.

SAUCE FOR BINDING RISSOLES, ETC. 1 *gill.*
(*Sauce Panade.*) *Time*—10 *minutes.*

1 oz. of flour; salt; 1 oz. of butter or margarine; 1 gill of milk and water; pepper.

Melt the butter, add the flour and blend well. Cook it for three minutes, stirring all the time. Add the milk and water and stir

until boiling; season. Simmer for 5 minutes. As this is a thick sauce, care must be taken to stir it all the time and not to let it burn.

SOUBISE SAUCE. *½ pint.*
(*Sauce Soubise.*) *Time*—1 *hour* 15 *minutes.*

3 large mild onions or 2 Spanish onions; cayenne pepper; salt; 2 tablespoonsful of cream; ¼ pint of Béchamel sauce (page 50).

Peel and slowly stew the onions to a pulp over a slow fire for one hour or until tender. Drain well and press them through a sieve. Put the onion purée into a pan with the Béchamel sauce and stir until boiling. Season and add the cream, make the sauce hot and use. *Note.*—The Béchamel sauce must be fairly thick as the onion purée thins it down.

FISH SAUCES.

ANCHOVY SAUCE. *½ pint.*
(*Sauce d'Anchois.*) *Time*—9 *minutes.*

½ pint of melted butter (see page 51), or Béchamel sauce (see page 50); 2 teaspoonsful of anchovy essence.

Add the anchovy essence to the sauce and boil for a minute or two. *Note.*—Make the melted butter with fish stock or half milk and half fish stock.

BROWN SAUCE. *¾ gill.*
(*Sauce Piquante.*) *Time*—10 *minutes.*

2 tablespoonsful of made mustard; ¾ gill of vinegar; 2 large tablespoonsful of brown sugar; 1 saltspoonful of salt; pepper.

Rub the made mustard with the brown sugar, mix in the salt, a little pepper and the vinegar. Stir until the sugar has melted, then serve in a sauceboat. This is an excellent sauce to serve with fresh herrings, as it counteracts the richness of that fish.

DUTCH SAUCE. *½ pint.*
(*Sauce Hollandaise.*) *Time—Till it thickens.*

4 eggs; 3 tablespoonsful of Velouté sauce (see page 51); 2 ozs. of butter; pepper; salt; nutmeg; 1 teaspoonful of chilli or tarragon vinegar.

Put the yolks of the eggs well beaten into a stewpan, with the Velouté sauce and the butter. Set the pan over a very moderate fire and stir the mixture until it has a thick creamy appearance. Take care it does not curdle, which it will do if allowed to boil. When creamy, add the vinegar gradually, off the fire, the salt, pepper and a grate of nutmeg. Pass this through a hair sieve or tammy cloth and put the sauce into a bain-marie or a pan standing inside a larger pan, containing boiling water, to re-heat.

GREEN GOOSEBERRY SAUCE for Boiled Mackerel. *1 gill.*
(*Sauce aux Groseilles.*) *Time—¼ hour.*

¼ pint of green gooseberries; a little pepper; 2 tablespoonsful of green sorrel; salt; nutmeg; 1 oz. of butter; 1 oz. of sugar; 1 gill of water.

Wash some green sorrel, and press out the juice through a cloth; boil ½ pint of green gooseberries in the water, drain them and rub them through a sieve. Put about a wineglassful of the sorrel juice into a stewpan, with the pulp of the gooseberries; add the butter, a lump of sugar, pepper, salt and nutmeg. Make the sauce very hot and serve.

LOBSTER SAUCE. *½ pint.*
(*Sauce d'Homard.*) *Time—10 minutes.*

1 cooked lobster; a knob of lobster butter about the size of a nut (page 62); ½ pint of Velouté sauce or melted butter (page 51).

Cut the lobster into small pieces or scallops about the size of a halfpenny. Heat the Velouté sauce; when it is boiling, add the lobster. Set it by the side of the fire but do not let it quite boil. Before serving, add the nut of lobster butter to it, bit by bit, working each piece in before adding the next.

MUSTARD SAUCE. *½ pint.*
(*Sauce Moutarde.*) *Time—15 minutes.*

1 oz. of butter; ¼ gill of vinegar; ¼ gill of milk; ¾ oz. of cornflour; 1 gill of white stock; pepper, salt; 1 dessertspoonful of mustard.

Melt the butter in a pan, stir in the cornflour and blend it well. Add the stock and stir until boiling. Mix the mustard with the vinegar, stir into the sauce, add the milk, season and boil up again. Serve with herrings and mackerel. This may be made with fish stock.

OYSTER SAUCE (Economical). *½ pint.*
(*Sauce aux Huîtres.*) *Time—5 minutes.*

12 oysters; ¼ teacupful of good gravy or stock; ¼ pint of melted butter (see page 51).

Stew the beards of the oysters in their own juice with half a teacupful of good clear gravy or white stock; strain it off, add it to the melted butter (which should be ready), put in the oysters, and let them simmer gently for 3 minutes.

SHRIMP SAUCE. *½ pint.*
(*Sauce aux Crevettes.*) *Time—20 minutes.*

¼ pint of melted butter (page 51); 1 gill of picked shrimps; salt, pepper.

Make the melted butter and add the shrimps. Season and serve.

COLD SAUCES.

All cold sauces require to be more highly flavoured and seasoned than hot ones.

A chaudfroid sauce is a well flavoured, nicely seasoned cold sauce, used for coating entrées.

BROWN CHAUDFROID SAUCE.

(Sauce Chaudfroid Brune.)

½ *pint.*

Time—10 *minutes.*

½ pint of Espagnole or brown sauce (see page 50); salt, pepper; ½ oz. of gelatine; ¼ gill of sherry (if liked); 1 teaspoonful of glaze; ¼ gill of water.

Make the Espagnole sauce hot. Add the glaze. Melt the gelatine in ½ gill of water and strain it in. Add the sherry, make hot, season well and strain into a basin. Stir often while cooling or a thick skin may form. This is used for coating cold entrées and should be just thick enough to pour over the article to be coated without slipping off.

WHITE CHAUDFROID SAUCE.

(Chaudfroid Sauce Blanche.)

1 *pint.*

Time—*About* 15 *minutes.*

1 pint of Béchamel (see page 50); ½ oz. of gelatine; 1 tablespoonful of cream; ¼ gill of water; cayenne, salt.

Make the white sauce hot. Melt the gelatine in the water, and strain it in; add the cream, season, strain and stir often until cold. When cold and nearly setting, coat the joints of chicken, cutlets, or whatever dish the sauce is used for, and allow to set. Sometimes this sauce is used to coat timbale moulds that are filled with minced chicken, game, meat or vegetables.

HORSERADISH SAUCE (Cold).

(Sauce Raifort Froide.)

¾ *gill.*

Time—2 or 3 *minutes.*

¼ gill of cream; 1 tablespoonful of vinegar; 1 teaspoonful of mustard; a little salt; 1 stick of horseradish.

Grate the horseradish and mix it with the cream. Add the mustard and salt, then stir in the vinegar very carefully. Serve in a tureen with roast beef or boiled mutton.

MAYONNAISE SAUCE.

(Sauce Mayonnaise.)

½ *pint.*

Time—20 *to* 30 *minutes.*

2 yolks of eggs; 1 dessertspoonful of tarragon vinegar; 2 gills of salad oil; 1 teaspoonful of chilli vinegar; 2 tablespoonsful of vinegar; salt, pepper.

Mix the yolks of the eggs with a little pepper and salt, then work them with a wooden spoon, gradually adding the salad oil drop by drop and stirring vigorously in the same direction the whole time. When thick and like a cream, stir in the vinegar gradually. When half the oil is mixed in, a larger quantity can be added at once. If

preferred, a whisk may be used, and mayonnaise mixers are now obtainable which accomplish the mixing quickly by turning a handle.

Note.—This sauce may be made with lemon juice instead of vinegar, and ½ teaspoonful of made mustard and a pinch of cayenne may be added to it. Should the sauce curdle, put another yolk of egg into a fresh basin, and stir the sauce *very* slowly to it.

MINT SAUCE. 1 *gill.*
(*Sauce Menthe.*) *Time*—5 *minutes.*

2 tablespoonsful of green mint; 1 gill of vinegar; ½ oz. of brown sugar; 2 tablespoonsful of water.

Pick and wash the mint very thoroughly, chop it finely, mix the sugar, vinegar and water in a sauce tureen, put in the mint and let it stand until required.

POTATO DRESSING. 1½ *gills.*
(*Assaisonnement de Salade.*) *Time— to mix* 10 *minutes.*

4 ozs. of cooked potatoes; ½ gill of vinegar; 1 gill of salad oil; salt; 1 teaspoonful of made mustard; pepper.

Sieve the potatoes and mix them well with the seasoning. Add the oil gradually, stirring well, then add the vinegar. *Note.*—Cream or unsweetened condensed milk may replace oil, and lemon juice may replace vinegar in all these salad dressings.

MAYONNAISE RAVIGOTTE SAUCE. 1½ *gills.*
(*Sauce Ravigotte.*) *Time*—10 *minutes.*

1 teaspoonful each of gherkin, chervil, tarragon, capers, chives, and chopped parsley; 1½ gills of mayonnaise sauce (see page 58); green colouring.

Blanch the herbs, squeeze them dry in a cloth, chop and then pound them. Rub through a hair sieve, and mix them with the mayonnaise sauce. If too pale, add a little green colouring. *Note.*—A red mayonnaise may be made by pounding some washed and dried lobster coral, rubbing it through a sieve, and adding it to the mayonnaise.

SALAD DRESSING (French). *About* ½ *gill.*
(*Sauce Vinaigrette.*) *Time to mix*—10 *minutes.*

3 tablespoonsful of salad oil; salt; 3 dessertspoonsful of vinegar; pepper; ½ teaspoonful of made mustard.

Put the mustard, salt and pepper into a basin, gradually stir in the oil, then add the vinegar. Mix all well. *Note.*—If vinegar is disliked, add lemon juice. Some prefer a teaspoonful of tarragon vinegar to be added with the malt vinegar.

TARTAR SAUCE. *1 gill.*
(*Sauce Tatare*). *Time to mix*—20 *minutes.*

¼ pint of mayonnaise sauce (see page 58); 1 tablespoonful of chopped parsley; 1 teaspoonful of chopped tarragon; 1 dessertspoonful of chopped capers; 1 tablespoonful of chopped gherkins; ½ teaspoonful of chervil.

Put the mayonnaise sauce into a basin and stir the chopped ingredients into it.

SWEET SAUCES.

BRANDY SAUCE. See Sweet Melted Butter, page 61.

CARAMEL SAUCE. *½ pint*
(*Sauce au Caramel.*) *Time*—15 *minutes.*

1½ ozs. of loaf sugar; vanilla essence; ¼ pint of sweet melted butter (see page 61); 2 tablespoonsful of water.

Put the sugar into a small pan, stir until it has melted and browned. Add the water and bring it to the boil. Stir this into the melted butter and re-heat. Flavour with vanilla, strain, and serve. *Note.*—If liked, ½ pint of custard may be used in place of melted butter.

CHOCOLATE SAUCE. *½ pint.*
(*Sauce au Chocolate.*) *Time*—15 *minutes.*

2 ozs. of grated chocolate; ½ oz. of cream of rice or arrowroot; 1 oz. of castor sugar; 2 gills of water; ½ teaspoonful of vanilla essence.

Put the chocolate, sugar and 1½ gills of water into a pan, stir until the chocolate has melted and the mixture boils. Blend the arrowroot with the other ½ gill of water, add it to the chocolate, bring to the boil and simmer for 5 minutes, stirring well. Strain the sauce through a hair sieve, return to a clean pan, add the vanilla essence, re-heat and serve.

CRANBERRY SAUCE. *½ pint.*
(*Sauce aux Canneberges.*) *Time*—30 *minutes.*

1 quart of cranberries; ¼ pint of water; 3 ozs. of brown sugar.

Pick and wash the fruit, put it into a saucepan, bruise it well with a fork, add the water and simmer gently until soft. Rub it through a hair sieve; add the sugar and re-heat.

CUSTARD SAUCE. *¾ pint.*
(*Crème au Cognac.*) *Time*—10 *minutes.*

1 pint of hot milk; ½ oz. of sugar; 2 eggs; flavouring essence.

Beat up the eggs and sugar, stir in the hot milk, and pour all into a jug. Stand it in a saucepan of boiling water, and stir

constantly in one direction till it is of the consistency of thick cream. Add the flavouring essence. Care must be taken that this does not boil.

GERMAN SAUCE. 1 *gill.*
(*Sabayon au Madère.*) *Time*—*About* 10 *minutes.*

2 yolks of eggs; 1 gill of Madeira; 2 ozs. of castor sugar.

Put the sugar, yolks of eggs and wine into a pan, stand this in another pan containing boiling water, over slow heat, and whisk until thick and frothy. Do not let this boil, or the eggs will curdle. Serve immediately.

HARD SAUCE FOR PLUM PUDDING. *Time*—10 *minutes.*

½ lb. of castor sugar; 2 ozs. of butter; ½ wineglass of brandy.

Beat the butter with the sugar to a froth, then beat in the brandy gradually. Leave the sauce in a cold place to harden. Serve it on a small glass dish.

JAM SAUCE. 1 *gill.*
(*Sauce aux Confitures.*) *Time*—10 *minutes.*

4 tablespoonsful of strawberry or raspberry jam; cochineal; ½ pint of water; ½ teaspoonful of lemon juice; 2 ozs. of loaf sugar.

Put the sugar, water and jam into a pan, boil them for 5 minutes Add the lemon juice and two or three drops of cochineal. Strain and serve.

SWEET MELTED BUTTER. ½ *pint.*
(*Sauce Blanche.*) *Time*—15 *minutes.*

1 oz. of butter; ½ oz. of castor sugar; ½ oz. of flour; any flavouring liked; ½ pint of milk or milk and water.

Melt the butter, add the flour and blend well; cook for 3 minutes. Add the milk, or milk and water, and sugar, and stir until boiling; simmer for 10 minutes. Add any flavouring liked, such as vanilla, almond, lemon, a spoonful of brandy, strong coffee, rum or maraschino. The sauce takes its name from the flavouring.

TREACLE SAUCE. 1 *gill.*
(*Sauce au Sirop.*) *Time*—10 *minutes.*

½ gill of golden syrup or treacle; juice of a lemon; 1 gill of water.

Put the syrup and water into a pan, strain in the lemon juice boil for 10 minutes, then strain and use.

SAVOURY BUTTERS.

Savoury butters are useful for serving with grills or for making hors d'œuvres, savouries and sandwiches.

ANCHOVY BUTTER.

(*Beurre d'Anchois.*)

4 or 5 anchovies; 3 ozs. of butter.

Soak the anchovies in warm water, dry them and remove the skin and bones. Pound the anchovies in a mortar with the butter, season if necessary, and rub them through a sieve. Make the butter into a pat on a plate and leave it in a cold place or on ice. Half quantities made be made, if desired.

CURRY BUTTER.

(*Beurre à la Diable.*)

3 ozs. of butter; 1 pinch of cayenne pepper; 1 teaspoonful of curry powder; ½ teaspoonful of black pepper.

Mix the butter with all the other ingredients, working them well together. Put it on ice or in a cold place. Serve with grills.

LOBSTER BUTTER.

(*Beurre d'Homard.*)

Lobster coral or spawn; butter; salt, pepper.

Wash the cooked spawn or coral and dry it in a cool oven. Pound with double its quantity of butter in a mortar, season to taste and rub through a hair sieve. Keep in a cool place.

MAÎTRE D'HÔTEL BUTTER.

½ lb. ot butter; pepper; 1 lemon; salt; 2 sprigs of parsley.

Mix the butter very smoothly with the juice of the lemon, the minced parsley and a little pepper and salt. Stir it all well together and set it in a cold place until required.

PRAWN OR SHRIMP BUTTER.

(*Beurre d'Écrevisses, ou de Crevettes.*)

2 ozs. of butter; 1 gill of picked prawns or shrimps; cayenne; ½ oz. of anchovy paste.

Chop and pound the prawns or shrimps in a mortar, add the butter and anchovy paste, and pound them well together; add the cayenne and salt, if necessary, rub the mixture through a hair sieve, and put it on a plate in a cold place, or on ice.

RAVIGOTTE BUTTER.

1 oz. each of tarragon, chervil, garden cress and parsley; 1 shallot; ½ lb. of fresh butter,; salt, pepper.

Throw the herbs into boiling water for a minute or two; drain, and lay them on a cloth to dry. Put them in a mortar with pepper

PLATE 7



BREAD.



POTATO.



CARROT AND TURNIP

BREAD AND VEGETABLE GARNISHES

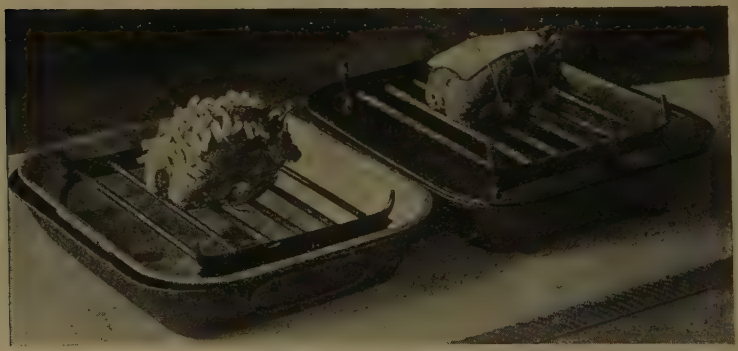
(*See pages* 66, 67 *and* 68.)



BARDING.



LARDING.



READY FOR OVEN.

LARDING AND BARDING GAME. (*See page* 70.)

and salt, chopped shallot, and ¼ lb. of fresh butter; pound the mixture thoroughly, then pass it through a hair sieve. Ravigotte butter should be of a good green colour. If too dark, add more butter. Harden it on ice.

WATERCRESS BUTTER.

(*Beurre de Ruisseau.*)

Watercress; butter; salt, pepper.

Wash and pick over a handful of watercress, mince it finely, and to each tablespoonful allow 2 ozs. of butter. Squeeze the watercress dry in a cloth, pound it with the butter, season, and put on a plate on ice, or in a cold place.

BATTERS.

COATING BATTER.

(*Pâte à Frire.*)

2 ozs. of flour; a pinch of salt; milk or water.

Mix the flour and salt on a plate and gradually stir into it enough milk or water to form a thick smooth batter, thick enough to coat anything dipped in it. This is used for coating rissoles, cutlets and so on when eggs are scarce and dear. Dip the article to be fried into this batter and then roll it in breadcrumbs.

FRYING BATTER.

(*Pâte à Frire.*)

4 oz. of flour; 1 tablespoonful of olive oil; 1 egg; 1 dessertspoonful of lemon juice; salt; 1 gill of cold water.

Sieve the flour and salt into a basin, make a well in the centre, put in the yolk of the egg and the oil, and work the flour in gradually, adding the lemon juice and water by degrees. Beat well with a wooden spoon and let it stand for at least ½ hour. Just before it is required, stir in the stiffly whipped white of the egg. *Note*—White wine or beer may be used in place of water for this batter, when it is used for fritters, and a pinch of powdered cinnamon is an improvement.

FRYING BATTER, ECONOMICAL.

(*Pâte à Frire.*)

4 ozs. of flour; 1 gill of tepid water; pinch of salt; 1 white of egg; 1 tablespoonful of salad oil or oiled butter (page 51).

Sieve the flour and salt into a basin and make a hollow in the centre. Mix the oil or butter and tepid water, and stir them in gradually, beat well, and leave it for an hour. Just before using, whip the white of egg to a stiff froth, and stir it in lightly.

FORCEMEATS AND GARNISHES.

APPLE STUFFING.

(*Farce de Pommes.*)

1½ lbs. of apples; ¼ lb. of boiled rice; 1 oz. of sugar; 1 oz. of butter or margarine water; a pinch of nutmeg; 1 egg.

Choose sour apples for this. Peel, core and slice the apples and put them into a pan with just enough water to keep them from burning, add the butter, simmer until the apples are tender, add the sugar and nutmeg and stir in the rice, which should be boiled very soft. Mix very well and bind with a beaten egg. Use for pork or goose. *Note.*—The egg may be omitted.

CHESTNUT STUFFING.

(*Farce de Marrons.*)

1 lb. of chestnuts; water or stock; 3 ozs. of breadcrumbs; salt, pepper; 2 ozs; of butter; 1 egg.

Shell the chestnuts and remove the brown inner skin by slightly roasting. Put them into a pan with sufficient water or stock to cover and simmer until soft. Strain off the liquor and rub the chestnuts through a sieve, add the breadcrumbs and butter (melted); season well. Beat up the egg and add, mix well and use. This is much used for stuffing poultry. If too thick or dry, add a little milk or another egg.

LIVER FARCE. (*Imitation Foie Gras.*)

(*Farce de Foie de Veau.*)

½ lb. of calf's liver; 1 bunch of herbs; ¼ lb. of mashed potatoes; 1 oz. of fat bacon; salt, pepper; yolks of 2 eggs; 1 shallot; a pinch of nutmeg; ½ gill of stock.

Wash and dry the liver, cut it into small slices, remove all skin. Chop the bacon, put it into a pan and fry it for a few minutes. Add the liver and brown it a little on both sides. Add the shallot chopped finely and the herbs tied together. Moisten with the stock and simmer until the liver is well cooked. Remove the herbs and pound the other ingredients in a mortar; add the potatoes, and the nutmeg and rub all through a fine sieve, season well, and use as directed.

NUT STUFFING.

(*Farce des noix.*)

2 ozs. of pine kernels; 1 shallot; 1 egg; salt, pepper; 2 ozs. of almonds; 2 ozs. of breadcrumbs; 1½ ozs. of butter or margarine; 1 tablespoonful of milk or unsweetened condensed milk.

Blanch and chop the nuts finely, peel and mince the shallot. Melt the margarine or butter in a pan, add the shallot and nuts and fry them until lightly browned. Put this into a mortar and

pound, add the beaten egg, breadcrumbs and milk, and mix well. Season to taste. Use for stuffing game, poultry, cabbages, sprouts, vegetable marrow, cucumber and so on. *Note.*—Any nuts may be used for this stuffing, and boiled rice may replace breadcrumbs.

OYSTER FORCEMEAT.

(*Farce d'Huîtres.*)

½ pint of oysters; the peel of ½ lemon; a very little cayenne; 5 ozs. of breadcrumbs; 1 teaspoonful of chopped parsley; 1 oz. of butter; salt, nutmeg; 1 egg.

Beard the oysters, wash them well in their own liquor and chop them finely. Mix with them the peel of ½ a lemon chopped small, the parsley, a seasoning of salt, nutmeg, and Cayenne, and about an ounce of melted butter. Stir into these ingredients the breadcrumbs and, when thoroughly mixed, bind all together with the yolk of an egg and some of the oyster liquor. To make the oyster liquor put the beards and any oyster liquor and a little water into a pan. Simmer for 5 minutes, then strain.

PANADA.

(*Panade.*)

½ pint water; 1 oz. butter; 4 ozs. flour; a pinch of salt.

Put the butter and water into a pan and bring to the boil. Sprinkle in the flour and salt and stir vigorously over the fire with a wooden spoon until the mixture thickens and forms a ball, leaving the sides of the pan clean.

This is used as the basis of soufflés, forcemeats, etc.

FORCEMEAT BALLS FOR POULTRY, VEAL, HARE, Etc.

(*Farce pour Volaille.*)

3 ozs. of lean bacon; 6 ozs. of breadcrumbs; pepper, salt, nutmeg; 2 eggs; ½ lb. of suet; 1 teaspoonful of parsley; the peel of ½ lemon; 1 teaspoonful of thyme and sweet marjoram mixed.

Shred the bacon as thinly as possible, chop the suet, lemon peel, and herbs. Stir in the breadcrumbs, taking care that all the ingredients are well mixed together. Season well and add a pinch of nutmeg. Beat the eggs and bind the mixture with them. If too dry, add a little milk. Divide the mixture and roll it into balls. Coat with flour and fry them a nice brown. This mixture may also be used for stuffing poultry, fish, veal, etc.

SAUSAGE FORCEMEAT.

(*Farce aux Saucissons.*)

½ lb. of sausage meat; 1 dessertspoonful of chopped parsley; 4 ozs. of breadcrumbs; 1 egg or milk to bind; salt, pepper; 1 oz. of butter or margarine.

Mix the sausage meat and breadcrumbs, add the butter, just melted, the parsley and seasoning. Bind this with the beaten egg, and use it for stuffing poultry or veal.

SAGE AND ONION STUFFING.

(*Farce d'Oignons.*)

3 onions; 1 oz. of butter; 5 ozs. of breadcrumbs; pepper, salt; 8 sage leaves.

Wash, peel and boil the onions in two waters to extract the strong flavour, and scald the sage leaves for a few minutes. Drain and press the onions as dry as possible. Chop the sage finely and mix both with the breadcrumbs; season with pepper and salt; add the melted butter, mix and use.

SUET DUMPLINGS.

Time—10 *to* 15 *minutes.*

(*Boulettes de Suif.*)

4 ozs. flour; 2 ozs. suet; salt, pepper; water to mix.

Sieve the flour and a pinch each of salt and pepper. Chop the suet finely, add to the flour, mix to a fairly stiff paste with a little water. Shape into balls with a little flour. Put into boiling water or stock. Simmer for 10 minutes or until cooked. Drain and serve in soup toureen. When served with boiled beef cooked with the meat.

THE GARNISHING OF DISHES (PLATE 7)

The successful garnishing of dishes is an art that should be studied, for it as essential to please the eye as the palate.

Always choose a dish of a suitable size; if too small, it looks overcrowded; if too large, the food is lost in it. Wipe all splashes or drops of gravy or sauce or any crumbs from the edges.

The principal garnishes for either hot or cold dishes are vegetables, cooked or uncooked, used whole, or cut into fancy shapes, Several vegetables may be mixed and are then called a Macédoine. Forcemeats or farce made into quenelles or balls, cooked ham, tongue, or sausage, bread and pastry cut into various shapes; eggs, parsley, cresses, endive and so on.

Fish dishes are decorated with fish quenelles, oysters, crayfish, prawns, shrimps, cockles, scallops, fried smelts, mussels, eggs, cucumber, parsley, chervil and other saladings, truffles, aspic or any savoury jellies and so on.

Sauces hot or cold, plain or coloured are also used as garnish.

Sweet dishes are garnished with crystallised or glacé fruits and flowers, fresh fruit, whipped cream, meringue of white of egg, coloured sugars, icing of various kinds, cocoanut, whole, chopped or shredded nuts of different kinds, sweet jelly.

ASPIC JELLY FOR ORDINARY GARNISHING.

Time—½ *hour.*

1½ pints of good white stock; 1 bay leaf; 1 gill of water; 1½ ozs. of gelatine; 2 tablespoonsful of tarragon vinegar; 2 eggs; 1 wineglassful of sherry; salt.

Melt the stock, which should be a firm jelly when cold, but do not make it hot. Add the vinegar, bay leaf, sherry, water, gelatine,

salt, the slightly whipped whites and the washed and crushed shells of the eggs. Whisk them all into the stock and continue to whisk over low heat until just on boiling point. Boil up quickly, then take the pan from the fire. Let it stand to settle, then pour it through a jelly bag or a clean cloth tied on to the legs of an inverted chair. If not quite clear the first time, strain the jelly again. Pour it into a mould rinsed out in cold water, or into flat tins also rinsed in cold water, if it is desired to cut the jelly into fancy shapes for garnishing.

Aspic jelly may be coloured by adding some tomato juice strained through muslin; use more gelatine if adding much tomato juice. Aspic is often chopped or cut into fancy shapes and used for decorating dishes.

EGG GARNISH.

Boil the eggs hard, separate the whites from the yolks, rub the yolks through a sieve and use them for decorating. The whites are chopped or cut into slices and fancy shapes, and also used for decorating.

LOBSTER CORAL OR SPAWN GARNISH.

Remove the coral or spawn from a lobster, wash it, put it on a piece of paper and dry in a very slow oven. Pound and rub it through a hair sieve and use as desired.

BREAD GARNISHES

BROWNED BREADCRUMBS.

Any stale bread, crust or crumb, may be used for these. Dry the bread in a cool oven, crush it with a rolling pin and rub it through a wire sieve. Keep the crumbs in tins or bottles with well-fitting lids or corks.

WHITE BREADCRUMBS FOR KEEPING.

Rub the crumb of some stale bread through a sieve, place it on a piece of paper in a very cool oven and dry without browning.

CROÛTONS.

CROÛTONS FOR GARNISHING.

Cut some thin slices of bread. Remove the crusts and cut the slices into triangles, rounds, hearts, diamonds, crescents, dice, and so on. Fry in hot fat, drain well. A "croûte" is a large piece of fried bread on which entrées are served.

PASTRY CROÛTONS.

Scraps of good pastry, puff or otherwise, rolled out thinly and cut into match-like shreds about an inch long or into fancy shapes called "Fleurons".

VEGETABLE GARNISHES. (PLATE 7)

CELERY.

Cut into strips or small dice and use in soups. *To curl;* Wash the celery well, trim and with a sharp knife cut the tops in fine strips to a depth of 2 inches. Place the celery in cold water and the strips gradually curl.

CUCUMBER.

Choose a straight, firm cucumber for garnishing. Wipe it and cut it into blocks about 2 inches long. Score the skin down in narrow strips, remove each alternate strip and cut each piece of cucumber into very thin slices. Scallops are formed by cutting each block of cucumber in halves after removing the strips. Slice each half finely and arrange the pieces round the dish.

MACÉDOINE OF VEGETABLES.

Carrots, turnips, cucumber, peas and French beans, cut into small balls, dice, strips and fancy shapes and boiled until soft in water or stock.

OLIVES.

Olives are often used as a garnish, either plain or stuffed. They must be stoned as follows :—Cut a small piece from the stalk end of each to enable them to stand firmly, then with a sharp penknife peel or "turn" them. Begin at the thick end and cut to the stone, then keeping the knife pressed against the stone, peel round and round as if peeling an apple. The stone should come out quite clean and the olive form a coil which falls back into its original shape.

PARSLEY.

Parsley is much used for decorating, either chopped finely or in small tufts or fried. Fried dishes should always be decorated with fried parsley. To fry, wash the parsley, pick off any stalks, which are too long. Squeeze very dry in a cloth and put it into the fat, after frying the article the parsley is to decorate. The fat should not be over the fire when putting in the parsley, and a few seconds' immersion in the hot fat is sufficient.

To chop parsley, wash it well, remove the stalks, squeeze it dry in a clean cloth, then chop with a sharp knife on a board very finely.

TO PREPARE POTATOES FOR GARNISHING.

Time—½ to ¾ hour

12 potatoes; ¼ teaspoonful of pepper; 1 oz. of breadcrumbs; 2½ ozs. of butter; 2 dessertspoonsful of chopped parsley; 1 teaspoonful of salt; 2 eggs; ½ gill of milk.

Boil the potatoes, rub them through a sieve. Melt the butter in a pan, add the potatoes, salt, pepper, parsley and one egg beaten up in the milk. Leave until cold, then roll the potatoes into balls any size and form desired, as eggs, as pears, as round pellets; egg and breadcrumb them twice and fry them lightly in hot fat. Drain well and use as a garnish.

THE PRINCIPLES OF COOKING

The principal methods of cooking are :—Roasting, baking, boiling, steaming, braising, sautéing, frying, broiling or grilling, stewing.

A certain amount of preliminary preparation is necessary before the actual process of cooking takes place, which is indicated in most recipes.

Certain broad rules, however, apply to meat as follows :—

PRELIMINARY PREPARATIONS.

To Prepare Meat for Cooking.—Wipe all meat with a clean cloth wrung out in hot water. If there be any sign of taint in the meat, wash it in a solution of vinegar and water ; cut off any badly tainted portions. Trim off all unsightly portions and superfluous fat which can be kept for clarifying, and remove any cartilage and all piping. See that the butcher chops the joints of the necks and loins of animals, so that they are easily carved when served. The butcher also skewers the meat in shape for cooking.

Frozen Meat must be thawed before using by keeping it in a warm kitchen for two or three hours.

To Bone Meat.—It is sometimes an economy to bone a joint before cooking it. It is more easily carved, and may be stuffed with some forcemeat, thus enhancing the flavour. The butcher will generally bone a joint if asked, and the best way of learning boning is to watch him doing it.

Use a sharp pointed knife for boning, cut round the bones, keeping the knife pressed well against the bone, and working the flesh gradually from it. If a joint be reached, divide it and remove the bone from which the flesh has been taken. Then continue to work the flesh from the remaining portion of bone.

Ribs of Beef are comparatively easy to bone as is breast of veal or mutton. These three joints after boning are laid skin side down on a board, a savoury forcemeat spread over, and the joint then rolled and tied with tape or string.

If Boning a Leg of Mutton, cut off the first joint and use the meat on it for a mutton pie. Next begin at the thick end and insert the knife against the bone and work away all the flesh, following the bone with the knife until the joint is reached. This may be jointed and the first bone removed. The next joint is removed

in the same manner, working from both the thick and the thin end of the joint. Wipe the meat, insert the stuffing in the cavity and sew up the skin, shaping the joint as well as possible.

To Bone a Turkey or Fowl.—Singe the bird and remove the legs at the knee joint or drumstick ; withdraw the sinews or tendons at the same time. The bird should not be drawn. Cut through the skin down the centre of the back and raise the flesh carefully on either side until the sockets of the wings and thighs are reached. Disjoint the legs and wings from the body when it is easy to separate the flesh from the whole body, and take out the carcase entire.

Next Bone the Legs.—Remove as much of the wing bones as possible. Some leave the first bone in the wing. Remove all sinew and gristle and cut off any discoloured portions of the neck and tail. The bird, thus prepared, may either be restored to its original form by filling the legs and wings with forcemeat and the body with the livers of two or three fowls mixed with alternate layers of parboiled tongue freed from the rind, sausage meat or veal forcemeat, or thin slices of bacon. It may then be sewn into shape as usual. If preferred, the skin can be cut right down after boning the bird. It is then laid skin downwards on a board and flattened out, the stuffing spread all over and the bird rolled. Tie with tape to keep it in shape. (PLATE 9).

LARDING. (PLATE 8).

Larding needles of various sizes are required. Cut small smooth strips of the required length off the firmest part of a piece of bacon fat. Special fat bacon is sold for this purpose, cured without saltpetre, called larding bacon. Put these strips or lardoons of bacon into a larding needle. Pierce the skin, and a very little of the flesh of the meat, fowl, sweetbread, etc., you may wish to lard, with the needle and draw it through, leaving the bacon in, and the two ends at equal lengths outwards. These punctures for lardoons are made in rows at any desired distance from each other.

Lardoons should be two inches in length and one eighth of an inch in width, for larding poultry, game and fricandeaux ; for fillets of beef and loin of veal they should be rather thicker.

BARDING. (PLATE 8).

Cut a slice of fat bacon sufficiently large to cover the breast of any bird. Slit the bacon in two or three places to prevent it curling up and tie it over the breast with string or tape.

MARINATING.

A marinade is a kind of pickle used for giving flavour to meats or fish.

On the Continent it is customary to marinate or soak meat or fish for a short while in a small quantity of an oil and vinegar, or

wine, marinate before cooking it. This renders tough meat more tender and gives it flavour. These marinades are made in small quantities, in the proportion of 2 tablespoonsful of salad oil to one of vinegar or lemon juice. Chopped parsley and other herbs, chopped onion, shallot or chives are added, or a little lemon rind. For a richer marinade, add a spoonful of red or white wine and some red currant jelly.

MARINADE SAUCE FOR FLAVOURING FISH.

(*Marinade Française.*)

Pepper and salt; 1 sprig of sweet basil; 2 cloves; 1 teaspoonful of lemon juice or vinegar; 3 slices of onion; 1 tablespoonful of oil.

Mince the onions and basil, sprinkle these over the fish which should be placed on a shallow dish. Add the rest of the ingredients. Turn the fish occasionally and leave for at least ½ hour, then cook the fish as desired. The marinade may be used in the cooking, or for sauce, as desired.

A marinade of oil and sweet herbs minced fine is an excellent flavouring for fish before frying or broiling it. When taken from the marinade, the fish can either be floured or covered with breadcrumbs and beaten egg. A dust of grated lemon rind or a squeeze of lemon juice, or similar flavouring, is an improvement to this sauce. Steaks or fillets of fresh meat or re-heated cooked meat may be soaked in a marinade also to give them flavour.

DIFFERENT METHODS OF COOKING MEAT.

TIME-TABLE FOR COOKING MEAT

The usual time allowed for roasting is :—

¼ hour to the pound and ¼ hour over for thin pieces of meat, mutton, lamb or beef.

20 minutes to the pound and 20 minutes over for thick joints, with little or no bone.

25 minutes to the pound and 25 minutes over for pork and veal.

25 minutes to the pound and 25 minutes over for salt beef (boiled).

These times apply also to baked and boiled meat.

ROASTING

To Roast in front of the Fire.—Prepare the fire beforehand.

Begin the roasting by placing the meat before a hot fire for the first ten minutes, then allow it to cook more slowly. The great heat

at first hardens the outside of the meat and keeps in the juices. After this, the meat should cook more slowly, or the outside becomes hard and dry, and the inside underdone. Baste from the first and every ten minutes later. The meat screen should be adjusted before beginning to roast the joint.

Cover the fat of veal or lamb with a piece of paper tied on with twine. When the meat is nearly done, the paper over the fat may be removed, and the joint lightly dredged with flour, in order to give it a savoury brown appearance called frothing.

Fresh killed meat takes longer to roast than when it has been kept long.

A Dutch oven is used for roasting small joints or birds in front of the fire.

When the roast meat has been taken up, the fat which has dripped from it into the pan should be poured into a basin and cold water poured over it. When cold, the fat will have formed a cake of dripping at the top, under which will be found a meat jelly fit for gravies, etc.

Veal, pork and lamb should be thoroughly done, not retaining any red gravy; at the same time, care should be taken not to dry the meat up, or roast till the flesh parts from the bones.

To Serve a Roast Joint.—Lift the meat on to a hot dish, remove all skewers and string and keep it hot while making the gravy. Garnish according to the directions on pages 83 and 84 and hand the gravy separately.

Gravy for Roast Beef.—Strain off the fat from the dripping tin into a basin or jar, pour a little hot water or stock into the tin, add salt and stir over the fire until boiling, skim off all fat and serve in a hot gravy boat.

Thickened Gravy is served with roast game, veal or rabbit. To make it, strain nearly all the fat from the dripping tin, add a dessertspoonful of flour; mix this with a spoon over the fire until brown. Draw the tin to the side of the fire and stir in ½ pint of stock or water. Stir over the fire until boiling; season and simmer for five minutes, then serve in a hot gravy boat.

Roasting in the Oven.—First see to the oven. Make up a good fire, banking it up against the side of the oven and draw out the oven damper. If a gas or electric oven be used, light the gas or switch on the electricity ten to fifteen minutes before the oven is required.

Prepare the meat as for roasting in front of the fire. Hang the meat on a hook fixed on the roof of the oven, or put it into a double baking tin or grid. Cover the top of the meat with dripping unless the joint is very fat and put it into a hot oven for the first ten minutes, to close the pores of the meat and to harden the albumen and thus form a coating on the surface of the meat. Reduce the

heat later and continue cooking until the meat is done. (See Time-table, page 71). If using a thermometer, the oven should register 310° Fahrenheit when the meat is first put in. Mutton requires a slightly lower temperature, 300° Fahrenheit. Baste often and turn the meat once while cooking.

To Dish and make the gravy, see "To Roast in front of the Fire," page 71. The lower tin of a double baking tin should contain boiling water. This keeps the air in the oven moist, thus preventing the meat from becoming too dry.

POT ROASTING.

This is an excellent method of cooking a joint or bird without using the oven.

Prepare the joint as for roasting. Melt an ounce or two of dripping in an iron stewpan or a casserole, put in the meat or bird, baste it well, cover the pan and cook over low, steady heat until ready. Baste often and turn the meat once or twice. It is advisable to brown the meat on both sides when first putting it into the pan, and to lessen the heat under the pan later. Finish and dish as for Roast Beef. The gravy may be thickened according to the directions on page 46.

BOILING.

RULES.

1. Fresh meat is put into boiling salted water which is kept boiling for the first five minutes for the heat to form a coating on the surface of the meat. The heat is then lessened under the pan as the contents must never boil later, only simmer, or the meat becomes tough.

2. Remove all scum as it rises.

3. Keep the lid on the pan and see that the meat is covered with water the whole time it is cooking. If the water evaporates add more boiling water.

4. Pot vegetables—carrots, turnips, parsnips, onions or leeks may be cooked with the meat.

5. The length of time for boiling depends upon the size and kind of joint (see time-table for roasting, page 71).

Lean meat is more suitable for boiling than fat meat. Small joints should not be boiled.

To Dish.—Lift the meat from the pan, remove all skewers and string and serve on a hot dish. To garnish, see pages 83 and 84. The liquor in which the meat was cooked is generally served as gravy, but a sauce is often preferred such as parsley, caper, etc. (pages 53 and 55).

To Boil Salt Meat.—Salt meat requires longer boiling than fresh meat. When smoked and dried it takes longer still. Pickled or salted meat should be soaked in cold water before boiling to soften it and draw out any excess of salt. The time for soaking depends upon the size and saltness of the joint. Put it into tepid water, bring slowly to the boil, skim, then simmer gently for the length of time indicated in the time-table on page 71. Keep it well skimmed.

Pot vegetables are generally added to salt beef as are suet dumplings. The vegetables are added when the water comes to the boil after removing the scum. The dumplings only take 20 to 30 minutes to cook, so are added in the last half hour.

To Dish.—Lift the meat on to a hot dish, remove all skewers and string, pour round a very little of the liquor in which it was cooked and garnish with the vegetables and dumplings. Hand more of the liquor in a sauce boat.

STEAMING.

Steaming is an admirable mode of cooking bacon and hams, poultry, game and small pieces of meat, also fish and vegetables. It preserves their flavour and saves waste.

Prepare the meat as for boiling, put it into a steamer placed over a pan of fast boiling water. Put the lid on the steamer and cook until the articles to be steamed are tender. Allow from half to one hour longer than for boiling the same weight of fish, meat, poultry and so on. See that the water is boiling under the steamer the whole time, and if it evaporates, add more boiling water. Another method of steaming small pieces of meat or poultry is to place them with a little stock or water, salt, pepper and seasoning and vegetables, if liked, in a covered jar placed in a pan of boiling water. The water should reach half way up the jar and should boil gently the whole time.

Still another method of steaming fillets or cutlets of fish or small pieces of meat such as chops, is to place them between two greased plates and put these over a pan of boiling water. Cook until the fish or meat is tender. This method is much used in invalid cookery and the articles cooked are usually served with the juice which flows from them.

Other steamers or boilers are on the market in which the viands are cooked without coming into actual contact with water or steam; the meat, kept from water entirely, is cooked in an inner cylinder, the outer one, containing the water, being kept at boiling-point. The food thus prepared is cooked in its own vapour, and none of its nutritious properties wasted.

BRAISING.

Braising is a mode of cooking by the action of heat above, as well as below, the article cooked. A braising-pan proper has a deep cover on which live charcoal is placed. The pan is air-tight, and as all evaporation is thus precluded, the food braised imbibes whatever flavour may be desired, which flavour is given by vegetables, spices and herbs. The ingredients should be very well proportioned and the cooking should be slow. These pans are rarely used in this country nowadays, braising being done in a casserole in the oven or in a pan over low heat.

SAUTÉING.

To "sauté" anything means to dress it quickly, in a small pan, with a very little butter, oil, lard, or dripping, doing one side at a time. 2 tablespoonsful of oil will be sufficient for a small chicken.

FRYING.

Frying is the quickest method of cooking, which should only be used for small and tender cuts of meat and is much used for cooking small pieces of meat and made-up dishes and fish. There are two kinds of frying, dry frying or really sauté-ing, and deep or wet frying.

Dry frying is cooking in a shallow frying pan in a small quantity of fat. The fat must be made quite hot; when a faint smoke rises from the fat, the meat is placed in it and cooked on both sides. The heat under the pan should be lessened after a coating is formed on both sides. This method is used for chops, steaks, liver, kidneys, some kinds of fish, sausages, pancakes, omelets and so on. Butter, good dripping, lard or oil may be used for frying in this way.

Deep frying means cooking in sufficient fat to cover the article to be fried. It is used for fritters, filleted and small whole fish, rissoles, croquettes, fish cakes and other made-up dishes. The articles to be fried are usually coated with batter, egg and crumbs or pastry. Oil, lard and clarified fat are used for deep frying, never butter or margarine.

RULES.

The fat must be free from pieces and not burnt before using.

The fat must be absolutely still with a faint blue smoke beginning to rise from it before using it. Should the smoke become too thick, the fat is burning.

When fat bubbles, it does not mean that it is boiling, but that it contains moisture which must evaporate before the right degree of heat can be obtained.

Put the articles to be fried into the fat immediately the right degree of heat is reached, so that the hot fat at once forms a coating on them. If put in too soon, the fat sinks into the articles and they taste greasy. If too many pieces of food are put into the fat at once the temperature is lowered and the food tastes greasy.

Re-heat the fat between each batch of articles to be fried.

Turn all fried articles on to soft paper to drain.

Never leave the fat on the fire, but draw the pan gently to one side and when cooled, strain. Keep the fat for future frying.

If the fat is at the right temperature when the articles to be fried are put in, it should not take the flavour of fish or any specially strongly flavoured food, so the same fat may be used for all frying. If, however, a large quantity of fried fish is eaten, it would be well to keep a separate pan for it.

BROILING OR GRILLING.

Many kinds of fish, steaks, chops and cutlets are far better broiled than fried.

First, the fire should be perfectly free from smoke, though brisk, and giving out a good heat.

Secondly, the gridiron should be scrupulously clean, well heated, and rubbed over with dripping or suet before the meat is put on it. If the fire be too fierce the meat will be hardened and scorched ; if it be too dead, the gravy will escape and the meat will be flabby. The gridiron should be held slopingly over the fire in order that the fat may run off to the back of the grate, for if it dropped on the coals it would create a blaze, and blacken and smoke the meat. If by chance, a blaze should spring up during the time the steak, etc., is broiling, the gridiron must be caught off the fire and held on one side until the blaze is gone ; a little salt thrown on the fire will make it clear again. Fish should be wrapped in a piece of well-buttered letter-paper before it is placed on the gridiron, to prevent it becoming too dry.

Cutlets which are covered with egg and breadcrumbs must be dipped in a little clarified butter before they are put on the gridiron. Plain cutlets are seasoned with pepper and brushed over with a little butter before they are broiled. Steaks and chops should be turned often in order that they may be done in every part ; if a fork be used for this purpose, it should never be stuck into the lean of the steak, as this would cause the gravy to escape ; it must be put into the outer skin or fat. All kitchens should be provided with steak-tongs for turning the meat.

Birds, when cut asunder and broiled, must be laid with the inside to the fire first.

Most people prefer broiled mutton chops or beefsteaks rather lightly dressed, but lamb and pork chops should be thoroughly cooked. Everything broiled should be served very hot, the moment it is cooked.

When fish is broiled without paper, the gridiron should be very hot before the fish is put on it. To preserve the skin of the fish entire when broiled, it should (after being washed and cleansed), be rubbed well with vinegar, dried in a cloth, and floured. The flour will keep it from adhering to the bars. A cinder or charcoal fire is best for broiling fish. If broiling slices of cold meat, put a piece of butter the size of a walnut and a teaspoonful of ketchup into a hot dish, melt them together and lay the meat from the grid-iron on the gravy made by these ingredients as soon as it is done.

If using a gas cooker, the grilling is done underneath the light instead of on the top.

Electric grills are made hot before putting on the article to be grilled. The food must be turned constantly.

STEWING.

Stewing is a wholesome, excellent and economical mode of cooking. Very little fuel is used for it, and meat so prepared is both digestible and delicious. Stewing must always be done over slow heat and the stewpan lid should fit well. The meat should be kept at a gentle simmer, without letting it boil, and it must stew for several hours, according to the weight of the meat. Sometimes meat is stewed in a jar, placed in a stewpan full of water. This extracts the pure gravy unmixed with water. Meat and vegetables may be stewed together, without water being put in the jar with them.

Meat is sometimes lightly fried before stewing it. This keeps in some of the juices and gives colour to the stew.

COLLARING AND POTTING.

A PICKLE FOR FISH.

2 quarts of vinegar; 12 allspice; 3 bay leaves; 1 oz. of saltpetre; 2 ozs. of salt; 3 blades of mace; cayenne; 6 cloves; 12 peppercorns; ½ nutmeg.

Put the vinegar into a pan, add all the other ingredients and bring to the boil. Prepare any fish as for boiling, cut it up and pack it into an unglazed earthenware jar. Cover it with the pickle, put a lid on the jar or cover it with paper, and cook in a very slow oven until the fish is done. Leave it to get cold before removing the cover. Herrings are particularly nice pickled in this manner.

COLLARED EELS.

For 5 or 8 persons.
Time—¾ hour.

1 large eel; a sprig each of thyme and marjoram; 1 spray of parsley; 12 peppercorns; 2 blades of mace; 1 teaspoonful of salt; 2 sage leaves; 2 cloves; 6 allspice; 1 pint of vinegar.

Wash the fish, cut off the head and tail and remove the skin and backbone without tearing the flesh. Spread the fish out flat on a board. Mince the parsley and herbs finely, pound the peppercorns, cloves, mace, allspice and salt. Spread these and the herbs over the eel and roll it up from the head or broad end to the tail end. Tie it with tape. Put the backbone, head and tail into a pan with salt, pepper, mace, and a pint of vinegar. Bring to the boil, skim, add the eel and simmer gently for about ¾ hour or until the eel is tender. Put the fish into a deep dish or basin, boil up the liquor with a little more vinegar and spice and, when cool, strain it over the fish. *To serve.*—Either cut the eel in pieces, or serve whole garnished with parsley.

COLLARED MACKEREL.

For 4 or 5 persons.
Time—20 minutes to cook.

4 mackerel; 8 peppercorns; a pinch of cayenne; 1 tablespoonful of chopped parsley; ½ pint of vinegar and water; 1 teaspoonful of powdered mace; 1 bay leaf; salt; a pinch of grated nutmeg; pepper.

Wash and clean the mackerel, cut off the heads and tails and split them carefully down the back, remove the bones, and season the insides with salt, pepper, cayenne, the mace, nutmeg and parsley. Roll the fish up, skin outside, and tie with tape. Simmer gently in the vinegar and water to which a little salt, the peppercorns, bay leaf and the parsley stalks have been added, until the fish is tender —about 20 minutes. Lift out the fish, remove the tapes and put the rolls of fish into a deep pie dish or casserole. When the vinegar is cold, pour it over the fish which it should completely cover. If there is not enough vinegar, boil a little more and when cold, add it to the rest. Leave the fish in this pickle for at least a day before using. Serve on a flat dish and garnish with sprigs of fennel. A little of the vinegar may be poured round the dish, if desired. *Note.*—Herrings may be collared or potted in this manner.

PRESSED BEEF. (PLATE 11). *Time—5 hours, or ½ hour to a pound.*

8 or 10 lbs. of thick brisket of beef; pepper; 1 onion stuck with cloves; 2 lbs. of salt; ½ lb. of moist sugar; 1 oz. saltpetre; 1 bunch of sweet herbs; ¼ lb. of bay salt; ½ teaspoonful of allspice.

Rub the brisket of beef well with 1 lb. of common salt, leave it for 24 hours. Mix the other pound of salt, the bay salt, sugar, allspice, pepper and saltpetre, rub the beef well with these ingredients, and turn it every day for a fortnight or three weeks. Wash well, put it into a pan of tepid water and bring to the boil; skim, add the herbs and an onion stuck with cloves. Simmer for 4 or 5 hours or



I.



II



III.

TO BONE A CHICKEN FOR BOILING. (*See page* 70.)



I—SKINNING.



II—FILLETING.



III—FOLDING AND ROLLING.

SKINNING AND FILLETING A SOLE. (*See page* 95.)

until the bones will slip out easily. Remove from the pan, take out the bones and press the meat between two dishes with a weight on the top until cold. Brush over with glaze and use.

SPICED BEEF. *Time to boil—4 hours.*

6 or 7 lbs. of brisket of beef; 2 ozs. of coarse brown sugar; pickle of 1 oz. of bay salt; ½ teaspoonful of mixed spice; 2 ozs. of sal prunella; common salt.

Salt the beef with common salt for 4 days, rubbing and turning it every day in a deep earthen pan; then add the above ingredients well pounded and mixed. Let it remain 8 days longer, rubbing and turning it daily so that all parts may imbibe the pickle. Before cooking it, strew over and insert between the flaps ½ teaspoonful of mixed spice. Put the meat in a cloth and boil it gently for about 4 hours, then take out the bones, wrap it up tightly in a cloth, put it between 2 boards with a weight on the top, for 12 hours. To be eaten when cold, brushed over with glaze.

BRAWN. *Time—2½ to 3 hours.*

A pig's head of 6 or 7 lbs.; a bunch of herbs; 4 or 5 cloves; 20 peppercorns; 2 onions; salt and cayenne; 6 allspice; 1 oz. of saltpetre; 2 ozs. salt.

Cut off the ears, remove the brains and all the gristle and soft part from the nostrils. Wash the head in warm water, and rinse in cold water. Rub in 1 oz. of saltpetre and 2 ozs. of salt, and leave it for 3 days. Wash, put it into a pan, and cover with cold water. Bring to the boil, throw away this water, then again cover with cold water, bring to the boil, skim, add the herbs and peeled onions and the spices tied in muslin and boil until the bones can be removed, skimming it frequently. Strain off the liquor, remove the skin from the head and tongue, and cut the meat into small pieces, removing all gristle and superfluous fat. Season well with salt, pepper and cayenne. Skim the fat from the liquor and boil until reduced by half. Put the meat into a brawn tin or cake mould, pour over some of the stock, put a weight on it and leave until quite cold and set. The ears should be scalded, scraped until the hair is removed, washed well and boiled until tender with the head. Cut them into strips and mix with the brawn. When required, dip the mould into boiling water and turn the brawn out on to a dish.

POTTED BEEF. *Time—3½ hours.*

2½ lbs. of lean beef; 5 ozs. of butter; pepper, salt, mace.

Take a piece of lean beef and free it from the skin and gristle, put it into a covered stone jar with 3 dessertspoonfuls of hot water, and stand it in a deep stewpan of boiling water to boil slowly for 3½ hours, taking care that the water does not reach to the top of the jar. When done, take it out, mince it fine, and pound it in a mortar

with a seasoning of pepper, salt and pounded mace. When smooth and like a thick paste, mix in some clarified butter and a very little of the gravy from the jar, press it into pots, pour butter over the tops, and tie down for use.

POTTED FOWL AND HAM.

½ lb. of cold roast fowl; pepper, salt, nutmeg; ¼ lb. of lean ham; a pinch of cayenne; 6 ozs. of butter.

Cut all the meat from a cold fowl, and remove the bones, skin, etc. and weigh the meat, then cut it into shreds, with ¼ lb. of lean ham. Add the butter, pepper, salt, nutmeg and cayenne, and pound all in a mortar until reduced to a smooth paste. Put the paste into pots, pour over them a thick layer of clarified butter, and tie them down with a bladder or grease-proof paper. This will keep good for some time if kept in a dry place. A little grated lemon peel is an improvement. Tongue, veal or rabbit may be potted in the same way.

POTTED LOBSTERS.

Time—¾ hour to 1 hour.

1 large or 2 small lobsters; pepper, salt; 2 ozs. of fresh butter; a grate of nutmeg; clarified butter; ½ teaspoonful each of pounded cloves and mace.

Take a fine lobster (or two small ones) and boil it for ¾ hour. When done, pick all the meat out of the body, claws and tail, add the spawn and beat it to a paste in a mortar; melt the butter, add it to the meat with the mace, cloves, pepper, salt and nutmeg. When all is pounded and well mixed, fill the pots, press the mixture down as close as possible and pour over some clarified butter ¼ of an inch thick. When quite cold, tie over with white paper. Another method is to put the meat from the lobster into the pots as whole as possible. Take the meat out of the tail, claws and body, pack it closely together, season as above, and pour clarified butter over.

POTTED SHRIMPS.

1 pint of shrimps; pepper, salt; 2 pounded cloves.

Shell the shrimps, season with pepper, salt and just a taste of pounded cloves, and pack them tightly into pots; put a little butter over the top, place the shrimps in a moderate oven for 10 minutes and, when cold, just cover them over with clarified butter.

MARBLE VEAL.

Time—2½ to 3 hours to boil the tongue.
2 hours to stew the veal.

1 pickled tongue; ½ teaspoonful of pounded mace; 1 lb. of fresh butter; some clarified butter; 4 lbs. of lean veal; parsley.

Boil, skin and cut a pickled or dried tongue into as thin slices as possible, and pound them in a mortar with the butter and mace, till it is like a paste. Stew 4 lbs. of lean veal, and pound it in the same way. Then put some of the veal into a large pot and lay the

tongue in lumps over the veal; then nearly fill the pots with veal, press it down hard, and pour clarified butter over it. Keep it in a cold place, tied over with paper. When served, cut it across in thin slices, put them on a dish, and garnish with curled parsley.

TINNED FOODS.

Tinned goods are useful where a supply of fresh food is not easily available and are also useful in emergencies. Care must be taken to see that the tins are in good condition and do not bulge, as this indicates fermentation.

They need not always be eaten cold, but may be re-heated and served with some suitable sauce, and may replace meat or fish in made-up dishes.

Always buy a reliable brand of goods even if they are slightly more expensive, and buy them from shops or stores of repute which have a quick turn-over. It is not advisable to buy tinned goods in too large quantities, or to keep them in stock too long. Once a tin has been opened, the contents must be used as soon as possible, certainly within 48 hours.

Store tinned goods in a cool, dry place and empty the contents from the tins directly they are opened.

To Re-heat Tinned Meat or Fish.—Put the tins into boiling water and simmer until the contents have had time to heat through. Open the tins and turn the contents on to a hot dish and serve with a suitable sauce.

Tinned Fish may be used as a substitute for fresh fish in fish entrées, made-up dishes and salads. Tinned oysters make good sauces, soup and forcemeat, but cannot be served "*au naturel.*"

Tinned Soups are excellent in emergencies as are soup squares and bottled soups. They only require warming, and perhaps diluting with a little stock, water or gravy. The water in which cereals or potatoes have been boiled may be used with good effect.

Tinned Vegetables are made hot in the tins, which are then opened, the vegetables turned out and all liquor drained off. Add a little butter, and put the vegetables into a moderate oven for a few minutes to melt the butter. They may be used in place of fresh vegetables in any made-up vegetable dishes and can be used cold in salads.

Tinned or Bottled or Dried Fruits may be used for pies, compôtes, fruit salads and various puddings and cold sweets according to any recipe given for fresh fruits.

FISH DISHES FROM TINNED FISH.

Lobster Curry and Lobster Cutlets may be made with tinned lobster, according to the directions for the dishes made with fresh lobster. (Pages 115, 118, 168).

Tinned Prawns, pilchards and herrings and salmon may be made into curry in the same way as lobster. (Page 118).

Both tinned prawns and lobsters may replace the fresh fish in any made-up dishes, hot or cold.

SALMON WITH PARSLEY SAUCE.

(*Darne de Saumon.*)

For 4 *persons.*
Time—10 *minutes.*

1 lb. tin of salmon; ½ pint of parsley sauce (page 55); cucumber.

Heat a tin of salmon in boiling water, open the tin, turn the contents on to a hot dish. Drain off the liquor and add this to the parsley sauce, and coat the salmon with the sauce. Garnish with cucumber. Practically all made-up salmon dishes, entrées, cold or hot, and salads may be made with tinned salmon.

MEAT DISHES FROM TINNED MEATS.

RAGOÛT OF BEEF.

(*Ragoût de Bœuf.*)

For 4 *persons.*
Time—50 *minutes.*

1-lb. tin of beef; ½ pint of stock; 1 turnip; 4 ozs. of cooked macaroni; 1½ ozs. of dripping; 1 carrot; 1 tablespoonful of mushroom ketchup; 1 oz. of flour; 2 onions; pepper, salt.

Wash, peel and slice the vegetables finely. Melt the dripping, add the vegetables and brown, add the flour, blend well and brown also. Add the stock gradually, stir until boiling, add the ketchup and cook gently for 30 minutes. Turn the meat out of the tin and cut it into squares, add these to the sauce and simmer for 5 minutes or until the meat is hot through. Season and serve in the centre of a border of cooked macaroni. Irish Stew may be made from tinned mutton, and meat or mutton pies may also be made with tinned meats.

Meat Patties and Pasties may be filled with any kind of tinned meat, tongue, game or poultry, minced and mixed with a suitable sauce, chopped parsley and herbs.

Tinned meats of any kind may replace fresh in any recipes for Mince, Shepherd's Pie, Rissoles, Croquettes, Meat Shapes and various curries and other made-up dishes, Jugged Hare or Rabbit, Rabbit Pie, Cream or Mould and so on.

USUAL ACCOMPANIMENTS TO SERVE WITH DISHES.

Standard dishes are always served with certain adjuncts which are always adhered to, as custom and scientific knowledge have made them almost compulsory.

Oysters.—Quarters of lemon or white wine vinegar, brown bread and butter.

Melon.—Generally cut into thin slices; sugar, ginger, salt and pepper are served with it, also crushed ice.

Soups.—With clear soups, grated Parmesan cheese is often handed. With both clear and thick soups, small dice of fried bread are handed.

With Mulligatawny Soup, hand boiled rice.

With Split Pea Soup, powdered mint, very finely shredded, and fried bacon are often handed.

FISH.

Fish.—Boiled fish is garnished with parsley and cut lemon; salmon with cucumber also. Some hot sauce is usually handed. Boiled potatoes are sometimes handed also.

All fried fish, whole or in fillets, is usually served with some fish sauce and garnished with fried parsley and cut lemon.

Cod or Turbot (boiled) is usually served with Egg, Shrimp or Parsley Sauce, sometimes with Oyster Sauce. Salt Cod requires Egg Sauce and is usually served with boiled parsnips.

Salmon or Turbot (boiled).—Hollandaise, Shrimp or Lobster Sauce, garnished with cut cucumber and lemon.

Salmon (grilled).—Maître d'Hôtel or Anchovy butter.

Salmon (cold).—Mayonnaise or Tartare sauce.

Mackerel (boiled).—Fennel or Parsley Sauce.

Mackerel or Herrings (grilled).—Mustard Sauce.

Skate (boiled).—Brown butter or Parsley Sauce.

Whitebait—Cut lemon and thin brown bread and butter.

Red Mullets (grilled or boiled).—Parsley or Tomato Sauce.

MEAT.

Beef (roast).—Yorkshire pudding, hot or cold horse-radish sauce, or grated horse-radish, clear gravy.

Beef (boiled, fresh).—Some green vegetable is usually served, carrots, turnips, etc., and the liquor in which it was boiled.

Beef (boiled, pickled or salted).—Suet dumplings, carrots, turnips, onions or leeks and the liquor in which it was boiled.

Calf's Head (boiled).—Parsley or brown sauce—sometimes brain sauce and boiled bacon.

Mutton (boiled).—Caper or parsley sauce and carrots, turnips and leeks.

Mutton (roast, saddle, loin or leg).—Red-currant or cranberry jelly and clear gravy.

Mutton (shoulder).—Onion sauce, baked potatoes.

Lamb (roast).—Mint sauce, clear gravy.

Veal (roast).—Boiled bacon or ham, thick gravy. Forcemeat balls are often used as a garnish.

Veal (breast, boiled).—Parsley sauce and boiled bacon.

Venison (roast).—Red-currant or rowanberry jelly and thickened gravy.

Pork (roast).—Sage and onion stuffing, apple sauce and thickened gravy.

Pork (boiled, fresh or pickled).—Pease pudding, carrots or parsnips, plain white sauce or the meat liquor.

Boiled Bacon.—Cabbage or haricot beans, parsley sauce.

Ham (braised).—Brown sauce.

Rabbit (boiled).—Pickled pork, onion sauce.

Rabbit (roasted).—Herb stuffing, forcemeat balls, thickened gravy or tomato sauce.

POULTRY.

Fowl (roast).—Grilled or fried bacon, watercress, bread sauce and thickened gravy.

Chicken or Fowl (boiled).—Egg or parsley sauce, boiled bacon, ham or tongue.

Duck (roast).—Thickened gravy, apple or cranberry sauce.

Turkey (roast).—Grilled or fried sausages, bread sauce and thickened gravy.

Turkey (boiled).—Celery, oyster or egg sauce, boiled ham, tongue or bacon.

Pigeons (roast).—Thickened gravy, watercress, served on toast.

Goose (roast).—Apple or gooseberry sauce, thick gravy.

ROAST GAME.

Guinea Fowl.—Bread sauce and watercress, thickened gravy.

Partridges, Grouse and Ptarmigan, Pheasant, Quails.—Bread sauce, fried breadcrumbs, clear gravy, watercress.

Wild Duck and Widgeons, Teal.—Orange sauce or salad, clear gravy, watercress, cut lemon.

Hare.—Red-currant or cranberry jelly, forcemeat balls (fried), brown or port wine sauce. *Note.*—Fried potato chips or straw potatoes and a green salad should always be served with all roast game and most poultry.

VEGETABLES.

Asparagus and Seakale (hot).—Melted butter, oiled butter or Hollandaise sauce.

Asparagus (cold).—Vinaigrette or mayonnaise sauce.

Globe Artichokes.—Oiled butter, Hollandaise or piquant sauce.

Jerusalem Artichokes.—White or Parsley sauce.

Vegetable Marrow.—White, Béchamel or parsley sauce.

Cauliflower.—White or cheese sauce.

French Beans and Peas.—Fresh butter, put over them after dishing.

Broad Beans.—White or parsley sauce.

Celery (boiled).—White sauce.

Celery (braised).—Brown sauce.

THE ART OF USING UP.

This is really an art, for a careless housewife or cook will fail to cater and cook satisfactorily on a sum that will enable another family to live really well, because in the latter case, all pieces and scraps are utilised, and nothing is thrown away. Every scrap of food left from a meal should be placed on clean plates or dishes in the larder to be worked into some other dish later on.

Half a bloater or kipper or a small portion of Findon haddock may be turned into appetising savouries if freed from skin and bone, pounded with a teaspoonful of anchovy essence and a little butter. Dish on small croûtons of fried bread or toast.

A rasher of bacon, small piece of ham or tongue, kidney or liver may be incorporated with a mince of any meat, poultry or game, and give flavour to rissoles or croquettes.

Left-over rice, macaroni or other cereals, may be utilised for various made-up dishes such as cutlets, of either fish or meat, meat puddings, kedgeree or beef rolls, and so on. If plainly boiled, sweet dishes may be evolved by their aid.

All bones and trimmings of meat, poultry or game should be used for stock, together with scraps of cooked or uncooked " pot " vegetables.

Every scrap of fat, cooked or uncooked, the skimmings of soup or stock, should be clarified for use as dripping.

Cold Potatoes may be used in various ways. Cut into slices, they may be fried or sautéd or made into salads. If rubbed through a sieve, they are useful for making into fish cakes, potato or meat croquettes, potato pastry, and potato cakes or scones.

Cold Cooked Vegetables make excellent salad either alone or separately, or they may be made into vegetable cutlets, patties or pies or into a garnish for meats and soups and entrées.

Cold Fish, Meat, Poultry, or Game can be made into a variety of dishes, as will be seen in the sections on fish and made-up dishes.

Cold Puddings may also be utilised. Put the remains of any milk puddings into a glass dish, spread a little jam or stewed fruit over and coat with custard.

Suet puddings of any kind can be returned to a basin covered with greased paper and re-steamed, or they may be cut into slices and fried lightly in a little butter or margarine.

Left over jellies or creams may be melted down and put into smaller moulds or may be combined with other dishes.

Stale Cheese grated or cut into thin slices can be used for various savoury dishes, and small savouries.

Delicious hors-d'œuvres and savouries can be made from scraps, such as a sausage, a small piece of liver, kidney or chicken liver, cooked peas or beans, asparagus points, spinach, pickles, sardines, any left-over fish.

Gravy and Sauces should be boiled up and poured into clean basins for use with made-up dishes. If only a spoonful of either be left, it should be added to the stock-pot.

The water in which meat, ham, poultry or any cereals have been boiled, should not be thrown away; it can be used as stock for making thick soups, gravies and sauces. Small quantities of sauces and soups can be utilised in making up fish and meat dishes.

Uses for Stale Bread.—All pieces of bread, crust or crumb, can be utilised in various ways. Dry pieces in a slow oven without browning, then crush them on a board with a rolling pin, or pound them in a mortar and they will keep good for a long time in bottles, and can be used for crumbing cutlets, rissoles, croquettes and so on.

Another way of using bread pieces is to break both crust and crumb into small pieces, soak these in cold water until soft, squeeze dry in a cloth and beat up with a fork, and use them for making a boiled bread pudding, or for a bread panada.

Stale bread, cut into cubes, dice, small rounds, squares or triangles, and fried, may be served with soup or as croûtons on which to dish hors-d'œuvres and savouries and for garnishing hash, mince and other dishes.

Bread fritters may be made from either stale bread or left-over bread and butter as follows :—

Cut the bread into thin slices, spread these with jam or grated cheese, make into small sandwiches, dip them in batter and fry in hot fat.

Stale Cakes can be used for plain trifles, cabinet puddings, apricot or other fruit croûtons, or if made into crumbs, may be used for puddings, such as Queen's pudding.

Stale Buns or Scones may be toasted and eaten hot with butter; if very stale, dry them in the oven and crush them with a rolling pin, to use for making into crumb puddings.

The peels of oranges and lemons can be utilised for flavouring various dishes, and will keep if the yellow rind be grated on to salt or sugar and bottled to be used for flavouring savoury or sweet dishes.

The shells of lemons, after the peel has been removed and the juice extracted, are excellent for removing stains from enamel pans or for cleaning Indian brasses, if dipped in powdered bathbrick. They also help to remove stains from stockings or white clothes if dipped in salt and rubbed on the stain; wash off immediately.

EMERGENCY DISHES.

Dishes which can be quickly cooked are a boon in these servantless days, when unexpected guests have to be catered for, or for the bachelor girl with her own rooms, who is probably working all day and needs something for supper which does not take too long to prepare.

Any **Grills** can be cooked in from 10 to 20 minutes. **Fish**, such as grilled salmon, turbot, cod or hake steaks, or fillets of sole, plaice, mackerel, haddock, whiting, taking the shortest time to grill and steaks such as Chateaubriand and Porterhouse the longest.

All **Fried Dishes** are quickly cooked, whether fried in deep or shallow fat, and here again fish cooks more quickly than meat. Potatoes cut into cubes, straws or matches, fry very quickly in deep fat.

Any Fish Dishes, boiled, steamed, fried, grilled or made-up dishes. Small fish may be cooked whole, but large fish should be divided into steaks, fillets and so on.

Small Portions of anything—fish meat, or vegetables—cook more quickly than large ones, so cut a large steak into fillets, and take slices about an inch thick from a joint and cut these into fillets or tournedos, when a quickly cooked meal is desired.

Dishes made from Mince. If a mincing machine be available, it does not take long to mince any meat, game or poultry and make

into collops, rissoles, croquettes, fritters, pasties, shepherd's pie, stuffed tomatoes and stuffed eggs.

Cereal Dishes, such as macaroni or rice.

Egg Dishes and Omelets.

Curries, made from cooked fish, meat or vegetables.

Most Devilled Dishes, such as devilled prawns or shrimps, sardines, devilled chicken, turkey, game, cold meat or mutton.

Cheese Dishes, such as Welsh rarebit, tomato rarebit, cheese cutlets.

Various Salads, with or without fish, meat, poultry or game.

Puddings.—Cornflour and ground rice, small sago moulds, blancmanges made with powders, fritters, hasty pudding, fruit salad, stewed fruits, boiled or baked custard, Swiss roll, sponge pudding.

EXAMPLE OF AN EMERGENCY DINNER.

Menu for Home Dinner.

Onion Soup
Cold Roast Beef
Potato and Celery Salad
Apple Tart

The arrival of two unexpected guests will cause a hasty revision of a menu planned for easy serving on the cook's day out. If the shops are open and easily reached, it would be possible to obtain a couple of filleted plaice or soles. These could be made into fillets, (see page 110).

When buying the fish, a gill of cream should be procured also. This may be whipped, stirring in the stiffly whipped white of an egg after whipping the cream. Sweeten and flavour with vanilla. If not able to procure cream, unsweetened condensed milk may be used in place of cream. It cannot be whipped, but should be turned into a jug and may be slightly sweetened and flavoured with vanilla.

The cream, either plain or whipped, if served with the apple pie, makes a most appetising sweet. Should the pie be too small to "go round," some bottled fruit may be added, as a separate dish. If there be any stale cake in the house, cut it into small squares, toast these, then place half a bottled apricot or peach or some other fruit on each and cover with a little of the whipped cream. Failing fruit, sandwhiches may be made of the cake with the help of a little jam, mixed with cream.

HORS-D'ŒUVRES

(PLATE 25).

Hors-d'œuvres are small dainties which generally precede a dinner in order to stimulate and sharpen the appetite. Hors-d'œuvres are served either hot or cold. They should be small, and daintily served and should always be exceedingly piquant in flavour.

The most popular hors-d'œuvre is oysters, usually served "au naturel". Caviare, dressed in various ways, comes next in popularity. Various small salads of one vegetable only, well seasoned with mayonnaise or some such cold sauce are popular, while smoked sausages, such as Italian, Lyons, Brunswick, and so on, smoked ham, herrings (smoked or pickled), sardines, ham, tongue, foie gras, tunny fish, anchovies, dried or smoked salmon or lax, as it is called, form cold plain hors-d'œuvres, as do olives, radishes, gherkins, cucumber.

Many simple hors-d'œuvres are formed by the aid of various fancy butters such as Maître d'hôtel, Ravigotte, Shrimp, Anchovy and so on (see page 62), which are spread upon little squares of toast, or small plain or cheese biscuits. Sometimes three different coloured butters will be put through a forcer on to one square of toast.

The hot hors-d'œuvres are rather more in the nature of savouries and are more complicated. These comprise very small patties or bouchées made with pastry and filled with some strongly flavoured forcemeat or salpicon (see page 65).

Natural, or small silver or china scallop shells are sometimes used in which to dish some very savoury mixture. Other hors-d'œuvres are dished on very small rounds of fried bread or toast, or even pastry. These rounds should not be larger than a two-shilling piece, as hors-d'œuvres are always kept very small.

In some cases, oysters are made up in some way, and dressed chicken livers are also used for hors-d'œuvres.

Very often two or three different kinds of hors-d'œuvres are served at once. In this case one should always be a salad of some sort.

Very small sandwiches filled with some savoury mixture make an excellent hors-d'œuvre.

Smoked Sausages are cut into very thin slices, the skin removed, and the slices neatly arranged in an hors-d'œuvre dish, garnished with parsley. Sometimes slices of sausage are used in conjunction with other ingredients.

Caviare should always be kept very cold, on ice if possible. It is often served in the pot in which it is bought. Place this on a folded napkin and surround with shaved ice. Hand quarters of lemon and cayenne.

Anchovies and Sardines are served whole or filleted. They should, however, always be drained from the oil in which they are preserved, and fresh oil used for dressings. These lend themselves to various made-up hors-d'œuvres and savouries.

Herrings and Mackerel can be bought pickled, in which case they are generally drained, cut into fillets or strips and served, nicely arranged on glass dishes, garnished with capers and parsley.

Tunny Fish, and Fillets of Sour Herrings are generally served drained from the oil in which they are preserved and cut into thin slices, fresh oil and vinegar dressing being poured over them. They may be garnished with chopped parsley, chervil, tarragon or chopped gherkins.

Prawns and Shrimps make excellent savouries, and are usually served "au naturel." They may be dished on individual hors-d'œuvres dishes, allowing about 8 to 12 prawns or shrimps per person. They are cooked but not shelled and should stand up round half a cut lemon, which should be turned cut side down upon a plate. The heads should point towards the top of the lemon, the tails being caught underneath it. Fill the centre with well-washed and dried parsley.

SALTED ALMONDS.

Time—About 10 *minutes.*

(*Amandes Salées.*)

6 ozs. of almonds; 1 tablespoonful of clarified butter or salad oil; salt.

Blanch the almonds and dry them. Melt the butter in a very clean baking tin, add the almonds and put them into a moderate oven until pale brown. Turn them frequently so that they brown evenly all over. Turn the almonds on to a piece of white kitchen paper and sprinkle with table salt. When quite cold, shake off any loose salt and arrange the almonds in small glass or silver dishes. Salted almonds remain on the table throughout the dinner. Any nuts may be salted in this manner—peanuts, filberts, hazel nuts and so on. They will keep good for some time if kept in a tightly corked bottle.

Devilled Almonds or other nuts are made in the same way, a little Cayenne pepper being sprinkled over them with the salt.

BOUCHÉES.

CHICKEN PATTIES. 6 *to* 8 *Patties.*
(*Bouchées de Volaille.*) *Time*—*About* 10 *minutes.*

Puff pastry cases; 1 or 2 mushrooms (fresh or bottled); 4 ozs. of cooked chicken; 1 teaspoonful of chopped parsley; 2 ozs. of cooked ham or tongue; ½ pint of Velouté or Béchamel sauce (pages 51 and 50); salt, pepper.

If the mushrooms are not cooked, wash, peel and cook them in a little butter until soft. Drain and chop finely. Free the chicken from skin and chop it finely. Chop the ham or tongue, mix all together, add to the sauce and make hot. Season well, fill the patty cases with the mixture, sprinkle with chopped parsley.

Game may be used in place of chicken for Game Patties.

OYSTER PATTIES. (Plate 15). 8 *to* 10 *Patties.*
(*Bouchées aux Huîtres.*)

Puff pastry cases (page 236); juice of ½ a lemon; about 2 dozen oysters, a little of the liquor in which the oysters were cooked; 2 or 3 tablespoonsful of Velouté sauce (page 51); salt, pepper, cayenne.

Blanch the oysters in their own liquor for 2 or 3 minutes; drain, cut them in two and mix them with the sauce. Add the juice of half a lemon and a spoonful or two of the liquor in which the oysters were cooked. Season highly and fill into the cases. *Note.*—This sauce should not be too liquid.

Note:—If desired, the above mixtures may be put into very small china or paper ramequin cases instead of pastry, and sprinkled with the sieved yolk of a hard-boiled egg, very finely-chopped parsley, or finely chopped truffle, and served on a folded napkin or a dish paper and garnished with parsley or chervil.

Another method of serving these mixtures is to pile them on very small rounds or croûtons of fried bread, garnish to taste, and serve on a lace paper.

CORNETS.

Pastry of any kind may be rolled out very thinly and cut into thin strips, which are placed round a cornet mould or twisted round a well-washed and scraped carrot. Begin at the pointed end of the carrot and roll round and round it, letting each strip of pastry overlap the one that preceded it. Bake these in a good oven. Remove the pastry from the mould or carrot, and fill it with any of the above salpicons. Very small cornets should be made for hors-d'œuvres.

Small cases may also be made out of bread. Cut a slice of bread about 2 inches thick. Out of this, cut rounds 2 inches in diameter. With a smaller cutter, stamp a round in the centre of each croûte of bread, not pressing right through to the bottom of the croûton. Remove the centre, shake off any loose crumbs and fry these cases in hot fat. Drain well and fill with any savoury mixture liked.

Little cups cut from cooked cucumber, cooked beetroot, the whites of hard-boiled eggs and tomatoes, also form cases in which to serve savoury mixtures, hot or cold.

Very small moulds coated with aspic jelly may be filled with prawns or shrimps, green peas, macédoine of vegetables, small dice of chicken or game and peas, chopped hard-boiled eggs and so on, filled in with more liquid aspic and left in a cold place to set. These made good cold hors-d'œuvres. Turn them out on to a hors-d'œuvre dish and garnish with a little chervil, a few sprays of watercress, or some chopped aspic.

CANAPÉS. (PLATE 33)

Cut some slices of bread about ½-inch thick. Stamp them out into small rounds or ovals, and fry in hot fat; drain well. These can be covered with any mixture of fish, chicken, game, ham or tongue paste, egg, fancy butters or cheese. Garnish with salads, and use as hors-d'œuvres.

DEVILLED HERRING ROES. 6 *persons.*

(*Croûtes de Laitances.*) *Time*—5 *minutes.*

6 hard roes of herrings; pepper, salt, cayenne; 1½ ozs. of margarine or butter; 6 croûtons of fried bread; 1 saltspoonful of made mustard.

Remove any skin and threads from the roes, cook them in the oven in the butter or margarine, then pound them with the mustard and seasoning. Make the mixture hot in a small pan, spread it on the croûtons of fried bread and serve hot.

OLIVES.

Olives are most usually served plain and are generally stoned and arranged in glass or silver dishes, remaining on the table until the dessert is served.

They should be a good green colour. Steep the olives in cold water for a short while before serving them and put a few drops of water in the dishes. Any that are left over should be put at once into a bottle with salt water, or they turn black. It should be remembered that metal should not touch the olives, or it turns them black; therefore, when preparing them, use a wooden fork or skewer.

Olives are sometimes dressed, in which case they are stuffed with some savoury mixture and served on very small croûtons of bread.

STUFFED OLIVES.

Spanish olives are the best to use for this, as they are generally larger than the others. They may be stuffed with various savoury forcemeat mixtures, but foie gras is mostly appreciated for hors-d'œuvres. This is generally mixed with the yolk of a hard-boiled egg, a little butter and seasoning. Pound all the ingredients together and rub them through a sieve. Remove the stones from the olives (page 68). Cut some thin slices of bread and stamp them into

rounds with a cutter about 1 inch in diameter. Fry these in hot fat, drain well and place an olive on each. Fill the centre of the olives with the savoury mixture, letting it show a little at the top. Dish on small hors-d'œuvres dishes and decorate with chervil or very fine sprays of parsley. If liked, a little of the forcemeat mixture may be spread upon the rounds of fried bread.

Any savoury butters (see page 62) may be used as a filling for olives. A ring cut from beetroot or white of egg may be placed on the toast before putting the olive on to it.

Olives may also be filled with mayonnaise or Tartare Sauce, which is also used for coating the croûtons of bread. In this case, it is well to insert a shrimp or prawn into the top of the olive when dishing it.

OYSTERS AU NATUREL. *4 to 6 per person.*

(*Huîtres au Naturel.*)

Oysters are usually served raw as hors-d'œuvre. They must be very fresh, and should not be opened long before they are required. Allow 4 to 6 per person. Wash, scrub and dry the shells, open the oysters (see page 116). Arrange four to six on each plate in the deep shells, with the valve sides of the shells meeting in the centre of the plate. Put ¼ of a cut lemon in the centre, and garnish with small sprays of parsley. Hand brown bread and butter, cayenne and tarragon or chilli vinegar.

SALADS.

Many vegetables are used as salads for hors-d'œuvres.

Radishes may be used with hors-d'œuvres variées. They should be washed, trimmed and soaked in cold water for a few minutes, then placed in a glass dish with very little water at the bottom. The outside skin is sometimes cut into sections like petals, which makes them look like a small flower.

BEETROOT SALAD.

(*Salade de Betteraves.*)

Peel and wash a cooked beet, cut it into very small dice, add one finely minced raw onion, arrange on an hors-d'œuvre dish. Sprinkle with salt and cayenne and pour over a good salad dressing.

CAULIFLOWER SALAD.

(*Salade de Choufleur.*)

Break up the sprigs of a cold cooked cauliflower ; arrange them in an hors-d'œuvre dish, sprinkle a few chopped capers over, and coat with mustard sauce (page 57).

CELERY SALAD.

(*Salade de Céleri.*)

Cut the best parts of 2 or 3 heads of celery in thin strips. Mix with mayonnaise sauce and serve in an hors-d'œuvre dish.

GRAPE FRUIT SALAD.

(*Salade de Citrus.*)

Allow half a grape fruit per person. Cut the grape fruits in halves, remove all the pips, and with a sharp knife, loosen the pulp from the rind. Cut a hole in the centre of each half. Fill in the centre with a spoonful of kirsch or maraschino, and if liked, a pinch of ground ginger. Place a glacé cherry on the top and serve on individual plates.

Grape fruit may be placed in the centre of a spray of maidenhair fern or strawberry or vine leaves. If possible, keep the grape fruits on ice before using them.

Another method of preparing the fruit is to remove the pulp and juice with a teaspoon and put it into a basin. Mix a little maraschino, kirsch or sherry with the grape fruit, add some halved glacé cherries, or if fresh cherries are in season, stone and add them. Clear out all the pith from the fruit and fill the fruit cups with the prepared pulp. Keep the grape fruit on ice or in a very cold place until required.

MELON SALAD.

Melon is a very favourite hors-d'œuvre and may be served plain, provided the fruit is fresh. Cantaloup and rock melon are the favourites. They should be just ripe but not over-ripe, but must be very cold.

To serve plain, slice the melon without detaching the slices. Place it on a glass dish, and if possible, surround it with shaved ice. Pour 2 tablespoonsful of maraschino or sherry into the melon.

Another method of serving the melon is to cut a piece out of the top, remove the seeds and scoop out the interior, leaving the rind intact. Cut the pulp into cubes, mix with salt, pepper, and a pinch of powdered ginger and pour over a dressing of 2 tablespoonsful of white wine mixed with 2 tablespoonsful of tarragon vinegar. Return the mixture to the interior of the melon and serve very cold.

A little crushed ice may be placed round the melon. Sometimes the seasoning and a little powdered ginger are handed instead of being placed inside the melon.

TOMATO SALAD.

(*Salade aux Tomates.*)

1 or 2 tomatoes; 1 tablespoonful of salad oil; 1 small onion or shallot; 1 dessertspoonful of vinegar or lemon juice; 1 dessertspoonful of chopped parsley; salt, pepper; cayenne.

Wipe the tomatoes, remove the stalks and cut them into thin slices with a very sharp knife. Arrange the slices neatly in an hors-d'œuvre dish. Peel and mince the onion very finely and sprinkle it over the tomatoes with salt, pepper and a dust of cayenne. Mix the oil and vinegar and pour it over and decorate with the chopped parsley.







PL. 11.

PRESSED BEEF. (*See page* 78).
MUTTON CUTLETS EN CHAUDFROID. (*See page* 171).
CHAUDFROID OF CHICKEN. (*See page* 175).

FISH.

To Clean—To Skin and Fillet—Principles of Cooking Fish—Recipes for Hot and Cold Fish Dishes—Made-up Fish Dishes.

TO CLEAN FISH.

Wash fish well in cold water, using salt if the fish be slimy. See that all the blood is removed from the backbone, and remove any black skin in the cavity of the fish by rubbing it with salt.

The scales on the fish should be scraped off with a knife ; if very difficult to remove, plunge the fish into boiling water for a minute or two. Remove the eyes by cutting the skin covering them with scissors and pushing them out from the inside. Trim the tail and cut off the fins with a pair of scissors.

Fresh water fish is the only fish which requires soaking to remove the muddy flavour. All other fish should be rinsed under the tap and not left lying in the water.

TO SKIN FISH. (Plate 10).

Flat Fish, such as sole, plaice and so on, are skinned from the tail to the head. Clean and wash the fish, dry it with a cloth, cut off the fins, make a cut across the skin, on the dark side of the fish, just above the tail, raise the skin gently with the point of a knife, then work it away from the flesh with the thumb, first up the right side of the fish, then up the left. Hold the tail down on the board and pull the loosened skin sharply towards the head. Turn the fish over and remove the skin on the other side in the same manner.

Round Fish, such as haddock, whiting and so on, are skinned from the head to the tail. Wash the fish, dry and cut it across the skin just under the head, using a sharp-pointed knife. Care must be taken when skinning round fish, as the flesh is less compact than that of flat fish and breaks more easily. Loosen the skin carefully, pulling it gently towards the tail. Turn and remove the skin from the other half of the fish also.

When skinning fish, the skin may be held by a cloth, or the fingers may be dipped in coarse salt, or prevent them from slipping.

TO FILLET FISH. (Plate 10)

Flat Fish.—With a sharp-pointed knife, cut through the middle of the fish along the faint line on the skin right down to the backbone

then cut down each side of the fins, where the flesh ends in the fin bones; do this on both sides of the fish, then begin on the black side. Lay the fish on a board and begin at the left-hand side, working from the head to the tail. Insert the knife into the incision at the back nearest the head, and work the flesh from the bone, keeping the knife pressed against the bone and giving long sweeping strokes under the flesh. Raise this with the other hand. The flesh should come off entire from one half of the fish. Turn the fish so that the tail is farthest away, and begin the filleting from the tail, raising the flesh from the bone in the same manner. When the fillets have been removed from one side, turn the fish over and remove them from the other side in the same way. The fillets are left whole or are cut in halves as desired.

Round Fish.—Wash and dry the fish, cut off the head, trim the tail and fins, and with a sharp knife make an incision down the dark line on the ridge of the back, cutting down to the bone. Make another incision down the cut side of the fish. Work the flesh from the bones, beginning at the open side of the fish at the head side. When the fillet is removed from one side, turn the fish round and remove the second fillet. Round fish only have two fillets. These may, however, be cut into two or three pieces each as desired. The cuts should be made in a slanting direction.

PRINCIPLES OF COOKING FISH.

Fish may be baked, boiled, steamed, fried, grilled, stewed and poached.

To Boil.—This is the best method of cooking large whole fish or large pieces of fish such as salmon, cod, hake, and so on. Small pieces of fish and small fish should never be boiled.

The French always boil fish in a " Court Bouillon " in preference to water, a fashion we should do well to follow, as it enhances the flavour of the fish.

A Court Bouillon may be a simple stock made of water flavoured with onion, carrot, celery, herbs and spices, or it may contain white wine, vinegar or lemon juice. A Court Bouillon au Bleu is made with claret in place of white wine.

If not using a " Court Bouillon " fish may be boiled in water, to which a good teaspoonful of salt and a tablespoonful of vinegar or lemon juice have been added to each quart of water. This helps to keep the flesh of the fish firm. Parsley, mace and peppercorns give added flavour.

If boiling fish for invalids, use half milk and half water; this makes the fish very mellow. Milk added to the water also helps to mellow salt fish.

To Prepare for Boiling.—Wash the fish, wipe with a cloth, trim and weigh. Sprinkle the fish with salt, pepper and lemon juice.

Wrap it in a piece of muslin and, if possible, boil it in a fish kettle with a strainer. This enables it to be lifted out of the water without breaking it. Should no fish kettle be available, put the fish on a plate that will fit into the saucepan to be used. Put a piece of thin cloth or thick muslin under the plate and tie it over the top of the fish. When the fish is cooked, the plate can then be easily lifted out of the water by the cloth.

All fish, with the exception of small fish, must be put into water or Court Bouillon that is almost boiling. Bring to the boil, skim and then simmer very gently.

Never let fish boil fast. It must simmer very gently. The time is calculated at about 10 minutes to the pound and 10 minutes over, but it is not possible to give the exact time, as a very thick fish will take longer to cook than a thin fish of the same weight. If the fish weighs a good many pounds, it is customary to allow 6 minutes to the pound for the whole. A fish of 10 pounds will take about an hour to cook.

The cooking can be tested by running a wooden skewer into the fish near the bone, and if it parts easily from the bone, the fish is done.

Under-dressed fish is very unwholesome. Never leave fish in the water after it has been cooked, or it will become woolly.

Boiled fish, if possible, should always be served on a strainer with a folded napkin or a paper d'oyley under it, and should be garnished with cut lemon and parsley. The sauce should be handed separately. Boiled or steamed potatoes are often handed with boiled fish.

To get rid of the muddy taste of fresh water fish, they should be soaked in strong salt and water before they are cooked.

Salt fish should always be soaked in water before boiling. If very hard and dry, it will require 36 hours soaking, changing the water two or three times. When not very salt, 12 to 24 hours soaking will suffice.

Crimped fish is generally put into boiling water. Bring to the boil again, then add 1 teacupful of cold water and simmer very gently.

To Steam.—Steaming is a very excellent method of cooking fish, but takes a little longer than boiling. Small pieces may be steamed as well as large.

Prepare the fish as for boiling, wrap it in muslin, and place it in a steamer over a saucepan of boiling water. Dish and garnish as for boiled fish and hand the same sauces.

A very good method of steaming small fish, fillets or fish steaks, which is especially suitable for invalids, is to grease two plates; prepare and sprinkle the fish with salt, pepper and lemon juice, place it on one plate, cover with the other, and put the plates over a saucepan of boiling water. The fish takes from 20 to 30 minutes to cook, according to its size and thickness. Fish cooked in this

manner is generally served on a hot dish with the liquor which has oozed from it poured round. Garnish with a little parsley.

To Poach.—This is a very excellent method of cooking small whole fish or small fillets of fish.

Grease a baking tin or a sauté pan, put in the fillets of fish, sprinkle with salt, pepper and a little lemon juice, and barely cover them with fish stock (see page 31), or fish stock and white wine mixed. Cover with greased paper and cook in the oven or on the top of the stove until they are cooked—about 8 to 10 minutes. Lift the fish very carefully, drain and arrange neatly on a hot dish. Make a sauce with the liquid in which it was poached and coat the fish with this.

Note.—Fish may be cooked and served in this manner in an earthenware or glass fireproof dish. In this case, the liquid should be drained out of the dish, made into sauce, and then poured over the fish.

To Bake.—Fish may be baked whole, or in fillets or steaks. Whole fish is often stuffed with some savoury mixture, or coated with a seasoning of chopped parsley, shallot, onion, mushrooms and breadcrumbs, and a few pieces of butter placed over the top.

It should be baked in a fireproof dish rubbed over with butter or margarine. Sometimes a little white wine or milk is poured round the fish, but fat of some sort should be placed over the fish when baking, otherwise it will be too dry. When cooked, it may be dished on a hot dish or served in the dish in which it was baked.

To Stew.—Fillets or small pieces of fish stew the best and should be stewed in fish stock (see page 31), fish stock and wine, milk, or milk and water.

The fish must be prepared according to the recipe and then simmered very gently in the liquid. When cooked, lift it out on to a hot dish and thicken the liquid with a little flour. Boil this for 5 or 6 minutes and pour it over the fish. Garnish with parsley or cut lemon, fancy croûtons of fried bread, or pastry.

To Fry.—There are two methods of frying fish—dry or wet. The former is used as a rule for whole fish and large pieces of fish such as cod steaks ; the latter for small fish or fillets of fish. Whichever method is resorted to, the fish should be very dry before frying ; therefore it should be washed, dried in a cloth and coated with flour, seasoned with salt and pepper. This coating is mostly used for dry frying.

Dry Frying or Sautéing.—Melt about 3 ozs. of fat, oil, dripping or lard in a frying pan and when a faint blue smoke issues from it, put in the prepared fish. Re-heat and cook for three or four minutes, then turn the fish with a slice and cook the other side. Draw the pan a little to one side of the fire and cook slowly until the fish

is done, but on no account let it fall to pieces. Lift the fish up with the slice, drain well, place it on a soft paper, and drain again in a warm place, then serve on a paper d'oyley on a hot dish. Garnish with fried parsley and hand Tartare or Piquante sauce (see pages 60 and 56).

Wet Frying.—For this method, a large quantity of fat or oil and a deep saucepan will be required. The fish should be egged and crumbed or dipped in batter (see page 63). See that a faint blue smoke rises from the pan before putting in the fish, and do not put too many pieces in at once, or the fat becomes chilled. Use a frying basket, if possible, for fish that is egged and crumbed, as it makes it much easier to lift the fish out of the fat. Drain well, turn on to a paper and drain before the fire or in a cool oven. Dish neatly on a paper d'oyley and garnish with fried parsley. If fried in batter, the pieces of fish are dropped straight into the fat and lifted out with a perforated spoon or slice.

To Grill.—Grilling of fish is either done in front of a clear fire, under the griller of a gas cooker, or on an electric grill. It is a good method of cooking small fish, thick slices, or steaks of large fish. Herring, trout, haddock, mackerel, red mullet, salmon steaks and so on are all excellent grilled.

There should be a clear red fire without smoke, preferably made with cinders. Grease the gridiron and heat it before putting the fish on to it.

To Prepare the Fish.—Cut off the head and fins, wash and skin the fish, and dry in a cloth. If whole fish is to be used, it is customary to score it diagonally on both sides to prevent it from cracking. Sprinkle the fish with salt and pepper and brush it over with salad oil or oiled butter or margarine on both sides. If desired, the fish is soaked in a marinade of oil and vinegar, to which a little chopped shallot or an onion and chopped parsley have been added. Soak the fish in this for about an hour, then grill. Sometimes the fish is opened and the bone removed. It is then coated with seasoned flour before grilling, and in some cases the fish is brushed over with egg and coated with breadcrumbs as for frying.

A favourite method of grilling steaks of salmon or turbot, fillets of any fish, red mullet and whole small fish, is to sprinkle them with salt, pepper and lemon juice, or soak them in a marinade and wrap them in a piece of greased notepaper, turning up the sides all round. This is called cooking fish "en papillotes." Fish cooked in this manner is served in the papers. It is a very excellent method of cooking fish, as all its juices and flavours are retained, and it is kept very hot.

To Grill.—After preparing the fish, put it on a greased gridiron and hold this rather near a good fire, otherwise the fish will become

flabby. It takes 7 to 10 minutes to cook, according to the thickness and size of the fish. Turn it once, care being taken not to break the skin or to overcook it, or it will break. The marks of the gridiron generally show on the fish after it is grilled.

Grilled fish should be served with pats of Maître-d'Hôtel butter (see page 62) on the top, or some sharp sauce such as mustard, Tartare or Piquante sauce (see pages 57, 60, 65). It may be garnished with watercress or parsley, sometimes with lemon. Should there be any roes with the fish, these are generally grilled and served as a garnish.

BASS.

(*Le Bar.*)

The bass is a fish of a beautiful silvery appearance, and is very popular in some localities. It has been called the white salmon, a fish that it resembles somewhat in form and in the firmness of its flesh.

Bass, cut in slices, may be boiled, fried or fricasseed, according to any recipe given for dressing salmon. It may be boiled whole, or, if small, cut open and fried, with breadcrumbs, seasoning and mixed herbs, following the directions given for frying herrings (page 105).

FRESHWATER BREAM.

(*Brème.*)

A flat fish, but seldom sent to table, as it is dry and bony and rather tasteless. It is boiled according to the directions on page 96, and requires a well-flavoured sauce.

SEA BREAM.

(*Brème de Mer.*)

May be baked, grilled, boiled or fried according to any recipe used for cod.

BRILL.

(*Barbue.*)

A large brill can only be distinguished with difficulty from a small turbot when very well cooked, but it is longer than, and not so round as a turbot. It may be cooked according to any recipe for turbot.

COD.

(*Cabillaud.*)

Cod is one of the most useful, nourishing and wholesome fish obtainable. It is at its best from October to Christmas, though it is obtainable nearly all the year round, but from February to July it is not so good. The ling is even larger than the cod, but is inferior

in quality. The hake is a capital fish, which frequents our south-western coast, and may be dressed according to any recipe used for cod. The head, being long and lean is not so edible as that of the cod. Cod should have a small head and a thick neck. It is better dressed in slices than boiled whole.

BAKED COD. *For 5 persons.*

(*Cabillaud au Four.*) *Time*—1 *hour* 10 *minutes.*

1 small codfish 2 to 3 lbs.; 1 pint of shrimps; breadcrumbs; 1 tablespoonful of anchovy essence; salt, pepper; a bunch of sweet herbs; 1 oz. of butter or margarine; parsley; 1 quart of water or milk and water; 2 ozs. of dripping; 1 oz. of flour; lemon.

Grease a baking tin. Clean, wash and dry the fish and place it in a tin, either curled round with the tail in the mouth, or skewered in the shape of the letter S. Pour in the water, add the herbs, salt and pepper. Dredge the fish with flour, coat with the breadcrumbs and put the dripping in small pieces over the top. Put in a moderate oven and bake for about 1 hour or until cooked. Remove the cod very carefully on to a hot dish and take away any skewers or string. Strain the liquor, melt the butter or margarine, add the flour and blend. Then stir in ½ pint of the liquor in which the cod was cooked. Stir until boiling, simmer for 5 minutes, add the picked shrimps and the anchovy essence. Pour a little round the fish and serve the remainder separately. Garnish with cut lemon and fried parsley.

COLD COD.

Cooked cod may be "used up" in many ways. Divided into flakes and nicely seasoned with pepper, salt and fragrant herbs, dished on salad and coated with mayonnaise, it makes a good fish salad for luncheon or supper.

Mixed with a thick sauce and seasoned well, made into balls or enclosed in pastry, egged, crumbed and fried, it makes rissoles or croquettes. It may also be made into fish cakes or pudding and so on.

FRENCH WAYS OF DRESSING COD.

FRIED COD. *For 6 persons.*

(*Cabillaud frit.*) *Time*—12 *to* 15 *minutes, according to size.*

1½ lbs. of cod; frying fat; 1 egg; breadcrumbs.

Remove the skin and bones from the cod and cut it into collops 2 inches thick. Wash and dry them in a cloth, brush over with beaten egg and coat with breadcrumbs. Make the fat hot, put in the cod slices and fry them bright brown. Cook more slowly after the first minute or two to allow the cod time to cook through. Drain on soft paper. *To Dish.*—Serve on a paper on a hot dish. Garnish with cut lemon and fried parsley. Hand tomato or anchovy sauce (see pages 53 and 56).

SALT COD. *For 8 persons.*
(*Morue salée.*) *Time—1 hour.*

2 lbs. of salt cod; egg sauce (page 54).

Soak the cod in lukewarm water for 12 to 24 hours, changing the water once or twice. Wash, put it into a pan or fish kettle with warm water, or milk and water to cover. Bring slowly to the boil, then simmer gently for about 1 hour. *To Dish.*—Skim, drain, remove the skin and large bones, and put the fish on to a hot dish. Coat with egg sauce and serve hot. Boiled or mashed potatoes may be used as a garnish or may be handed separately, and boiled or mashed parsnips are usually served also.

THE CONGER.
(*Congre.*)

The conger eel is plentiful on the south coast of England and Ireland and round the Channel Isles. It grows to a great size, but the flesh of the larger ones is tasteless and rather coarse. The smaller fish are the more delicate.

BOILED CONGER. *For 6 to 8 persons.*
(*Congre bouilli.*) *Time—½ hour.*

2 lbs. of conger eel; breadcrumbs; pepper, salt; 1½ ozs. of suet; a sprig each of parsley, lemon thyme, winter savoury and sweet marjoram; peel of ½ a lemon; nutmeg.

Cut a piece about a foot long from the head end of a fine conger, make a stuffing of the breadcrumbs, minced parsley and herbs, the chopped suet, the grated lemon peel, pepper, salt and nutmeg. Bone, wash, wipe dry and stuff the fish and sew it up. Put it into a pan of warm salted water, let it simmer until cooked. *To Dish.*—Lift the fish out of the water, drain and put it on a folded napkin or a paper d'oyley on a hot dish. Garnish with cut lemon and serve it with any sauce usually eaten with boiled fish. A thick piece will take ½ hour to cook after it begins to boil. It may be boiled without the stuffing, if desired.

The fish prepared in this manner may be baked in a pie dish, with a pint of water and 1 oz. butter for basting. Serve with parsley or tomato sauce (page 55 and 53).

FRIED CONGER. *For 4 persons.*
(*Congre frit.*) *Time—20 to 25 minutes or longer.*

1 lb. of conger; egg; breadcrumbs; lemon.

Cut the conger into slices an inch and a half or two inches thick. Coat the fish with beaten egg, dip in breadcrumbs and fry in deep fat. Drain on soft paper and dish on a lace paper on a hot dish and

hand quarters of lemon, melted butter or anchovy sauce (see pages 51 and 56).

EELS.

(*Anguilles.*)

Both fresh and salt water eels are obtainable all the year round, but are at their best in the autumn and winter. They should be eaten very fresh and should be soaked in salt water for some time before cooking. They may be baked, boiled or fried, like conger eel.

GURNETS.

(*Grondins.*)

There are several species of this fish, but the red is generally considered the best. They are well-flavoured, but rather dry fish, and may be cooked according to any recipe given for cooking haddock.

HADDOCKS.

(*Églefins.*)

The haddock is a delicate fish with a fine flavour. It may be filleted and fried like sole.

BOILED HADDOCKS.

(*Églefins bouillis.*)

For 8 *persons.*
Time—¼ *to* ½ *hour.*

2 haddocks about 3 lbs.; 1 tablespoonful of vinegar; enough water to cover the haddocks; 1 oz. of salt to each gallon of water.

Scrape and clean the fish and wash them thoroughly and truss in the shape of the letter S, then put them into a fish-kettle with just enough warm salted water to cover and simmer gently for 15 to 30 minutes, according to the size of the fish, or until the flesh parts easily from the bone. *To Dish.*—Drain well and serve on a hot dish on a paper d'oyley, and garnish with sliced lemon and parsley. Hand melted butter or anchovy sauce (see pages 51 and 56).

BAKED HADDOCK. (Plate 13).

(*Églefin farci au Four.*)

For 3 *or* 4 *persons.*
Time—½ *to* 1 *hour.*

1 haddock about 2 lbs.; parsley; 3 ozs. of veal stuffing (see page 65); bread-crumbs; 1 egg; 1 oz. of dripping.

Thoroughly clean and dry the haddock, fill the inside with veal stuffing, sew it up and curl it round with the tail in the mouth. Put it on a well-greased tin. Brush it over with egg and strew bread-crumbs over it. Put small pieces of dripping here and there over the top and put it into a moderate oven to bake for about ½ hour. A large haddock will take nearly an hour. Baste often. *To Dish.*—Take it up with a fish slice and put it on a hot dish. Remove the skewer and string and pour round a little anchovy (page 56) or any sauce desired, and garnish with parsley.

DRIED OR SMOKED FINNAN HADDOCK.

If very salt, soak the fish in hot water for a few minutes. Remove the fins and place the fish on a well-greased tin, cover with greased paper and bake in a moderate oven from 10 to 15 minutes. Lift on to a hot dish and put a good-sized piece of butter or margarine on the top. Another method of cooking it is to rinse it in hot water and put it into a frying pan with warm water to cover. Simmer gently for 10 to 15 minutes. Lift out the fish with a slice, drain and dish on a hot dish with a piece of butter or margarine on the top.

HAKE.

(*Merlus.*)

A common west-country fish, somewhat resembling cod, and much eaten on the coast of Devonshire. It cannot be cooked too fresh, though some prefer to keep it in salt for 12 hours before they dress it. It may be cooked according to any recipe for cod or halibut and is excellent stuffed and baked like fresh haddock.

HALIBUT.

(*Flétan.*)

Halibut is a large flat fish, being sometimes five or six feet long, and weighing up to 200 lbs. Being so large, it is cut up before being sold. The flesh is inclined to be insipid, so the fish should be served with a good sauce. It can be boiled like cod or any other fish, and served with any sauce usually eaten with boiled fish. Nicely cut collops may be coated with egg and breadcrumbs and fried.

HERRINGS.

(*Harengs.*)

Herrings are the most abundant of our British fish and are nutritious and wholesome, though some find them difficult to digest, owing to their oily nature. Herrings are dried and cured in many ways, the most familiar methods in this country being the split, flattened herrings, called kippers, which are slightly salted, dried and smoked, and are intended to be eaten soon afterwards. Other dried herrings are red herrings, herrings pickled in salt, often called white herrings, and bloaters.

BAKED HERRINGS.

(*Harengs marinés.*)

For 4 persons.
Time—1 hour.

4 herrings; 1 teaspoonful of salt; ½ teaspoonful of pepper; vinegar; 3 cloves; 2 bay leaves.

Clean and wash the herrings, lay them on a dish or board, and rub a spoonful each of pepper and salt and 3 pounded cloves well over and into them. Put them into an earthenware pan or casserole,

cover them with vinegar and the bay leaves, and tie over a thick paper. Put them into a moderate oven, and bake for an hour. To be eaten cold.

BROILED HERRINGS.

For 4 persons.
(*Harengs grillés.*) *Time*—6 *to* 8 *minutes.*

4 herrings; 1 slice of onion; 1 teaspoonful of made mustard; flour; 12 peppercorns; ½ pint of beer or ale; 1 oz. of butter.

Clean and dry the fish, cut off their heads, score the skin on both sides lightly, sprinkle with salt and pepper, brush over with oiled butter or salad oil and broil over a clear fire. Break up the heads and boil them in the beer or ale for ½ hour with the peppercorns and onion. Melt the butter in a pan, add the flour and mustard and blend well; add the strained beer, stir until boiling, simmer, season and hand in a tureen.

FRIED FILLETS OF HERRING.

For 4 persons.
(*Filets de Harengs frits.*) *Time*—10 *minutes.*

4 fresh herrings; frying fat; salt, pepper; milk, or egg; 1 lemon; breadcrumbs; parsley.

Wash, skin, scrape and fillet the fish (see page 95), taking two fillets from each. Wipe them with a cloth, sprinkle them with salt, pepper and the juice of a lemon, and leave them for 3 or 4 hours. Brush over with beaten egg or milk, dip in breadcrumbs and fry in hot fat. *To Dish.*—Drain on soft paper and serve on a dish paper on a hot dish. Garnish with fried parsley and hand mustard or piquant sauce (see pages 57 and 56). *Note.*—The fillets may be coated with oatmeal, if desired. The herrings may be fried whole. Prepare as for grilled herrings, coat the fish with flour and fry in 2 ozs. of fat in a frying pan.

HERRINGS STUFFED AND BAKED.

For 3 or 4 persons.
(*Harengs farcis au Four.*) *Time*—*About* 20 *minutes.*

4 herrings; 1 oz. of flour; veal stuffing (see page 65); dripping; salt, pepper.

Wash, scrape and cut off the fins of the herrings, split them open and remove the backbone, and as many small bones as possible, score the skin in two or three places, lay the herrings skin side down on a board and spread the stuffing over the inside. Roll up the fish, rub them with seasoned flour, fasten the rolls with tape or string, and put them on a greased baking tin. Put small pieces of dripping over the top and bake in a moderate oven for about 20 minutes. Baste often. *To Dish.*—Remove the strings and arrange the rolls on a hot dish; garnish with parsley and hand a sharp sauce.

JOHN DORY.
(*Doret or Dorade.*)

A fish much esteemed by epicures. It should be quite a foot long, and about 4 or 5 lbs. in weight, and should be eaten very fresh. The thickest fish are best. It may be boiled or baked like cod.

MACKEREL.
(*Maquereau.*)

Mackerel is a nourishing fish but requires to be eaten quite fresh within 12 hours if possible, as it is liable to become poisonous when kept. It is not so easily digested as white fish, and disagrees with many people. It may be baked, boiled or fried like herring.

BOILED MACKEREL. *For 5 or 6 persons.*
(*Maquereaux bouillis.*) *Time*—15 *to* 20 *minutes.*

3 or 4 mackerel; 1 onion; 10 peppercorns; 1 dessertspoonful of salt; water to cover; 1 carrot; 1 bunch of herbs.

Clean and wash the mackerel, cut off the heads and fins. Peel and slice the carrot and onion and put them into a pan or fish kettle. Add the herbs and salt and put the mackerel on the top; just cover with cold water, bring to the boil and simmer gently until the fish is cooked. *To Dish.*—Lift it out of the pan, drain well and serve on a hot dish on a paper d'oyley and hand fennel or gooseberry sauce (see pages 55 and 57). *Note.*—Mackerel is put into cold water, as hot water would crack the delicate skin.

COLLARED MACKEREL (see page 78).

MULLET.
(*Rouget.*)

Red mullet is a very delicate fish, and has been justly called the woodcock of the seas. It is superior in flavour to the grey mullet. It should be very red, rather short and firm to the touch. Care must be taken when cleaning it. Scrape lightly, pull out the gills, with which will come all the inside that need be removed. The liver is considered a great delicacy and is always left in the fish. Red mullet should never be boiled; it is best grilled or baked.

BAKED RED MULLET. *For 3 persons*
(*Rougets au Four.*) *Time*—20 *minutes.*

2 red mullets; the juice of ½ lemon; breadcrumbs; 1 oz. of butter; salt, pepper; 1 tablespoonful of chopped parsley

Prepare the fish, score both sides. Grease a fireproof dish and sprinkle with some of the parsley and breadcrumbs. Place the fish on the top, cover with the rest of the parsley. Strain over the juice of the lemon. Put the rest of the breadcrumbs over, place the butter in small pieces here and there on the top and bake in a

moderate oven 15 to 20 minutes or until the fish is cooked. Serve in the dish in which it was cooked.

RED MULLETS IN PAPER.
(*Rougets en Papillotes.*)

For 3 or 4 persons.
Time—25 minutes.

2 mullets; 1 shallot finely chopped; 1 oz. of butter; 1 tablespoonful of lemon juice; 1 tablespoonful of salad oil; 1 teaspoonful of chopped parsley; salt, pepper; Italian, or mushroom, sauce.

Clean the mullets, cut off the fins, dip in water quickly, wipe and score them across two or three times. Place on a dish, cover with the shallot, parsley, oil, lemon juice and seasoning, and leave them to soak for at least ½ hour. Turn occasionally. Wrap each mullet in a piece of oiled notepaper, twisting up the edges of the paper. Broil them over a slow, clear fire, turning the fish once. Care must be taken not to burn the paper, and the cooking must not be done over or under too great heat, or the fish will not be cooked through. Serve on a hot dish without removing the paper and garnish with parsley. Hand Italian, or mushroom sauce (page 52). *Note.*—Red mullet may be grilled without wrapping it in paper. Soak in the marinade as above, then grill on a hot gridiron or under a gas griller, turning once. Serve on a hot dish with a pat of Maître d'Hôtel butter on each (page 62), or hand Tartare sauce (page 60). Care must be taken not to injure the delicate skin of the fish.

GREY MULLET.
(*Mulet.*)

Grey mullet is inferior in flavour to red mullet, but may be boiled, baked, broiled or cooked by any recipe given for red mullet or whiting. If large it may be cooked in the same way as cod or salmon.

PERCH.
(*Perche.*)

Perch is a fresh water fish, which has a pleasant flavour. It is rather difficult to scale, so should be dipped in boiling water for 2 or 3 minutes, when the scales may be scraped off. Perch may be grilled, fried, boiled or stewed.

PIKE.
(*Brochet.*)

The success at table of this voracious river fish depends greatly upon the manner in which it is dressed. It is inclined to be dry so should always be served with a good sauce and is usually baked or roasted, though some boil the fish. The roes should always be removed as they are not considered wholesome. The fins are usually cut off, and the fish must be very carefully scraped and cleaned.

BAKED PIKE. *For 5 or 6 persons.*
(*Brochet au Four*). *Time—1 hour.*

A pike 2-3 lbs.; 2 ozs. of dripping or butter; breadcrumbs; the peel of ½ lemon; salt, pepper; 4 ozs. of veal forcemeat (see page 65); parsley; lemon.

Scale, skin and wash a large pike, stuff it with veal forcemeat and curl it round with the tail in the mouth. Fasten it with a skewer, sprinkle with salt and pepper, and put it into a greased baking tin. Put the butter or dripping in small pieces over the top. Cover with greased paper and bake in a moderate oven for ¾ to 1 hour. Sprinkle with brown breadcrumbs 10 minutes before it has finished cooking and baste well. *To Dish.*—Serve on a hot dish and garnish with parsley and cut lemon. Hand anchovy or tomato sauce (see pages 56 and 53). Pike being a dry fish should be well basted.

PLAICE.
(*Plie.*)

Plaice is one of the commonest of the flat fish. It lacks the delicacy and flavour of sole, but, if carefully dressed, may replace sole in many dishes. The upper side is dark, with bright orange spots. If these spots are dark, it is a sign that the fish is not fresh. It may be cooked according to any recipe given for sole.

SALMON.
(*Saumon.*)

Salmon is the king of fish, and is welcome at every table. It should be stiff, and red in the gills; the flesh should be of a bright full colour, and the scales bright and silvery. Good judges prefer those which are small in the head and thick in the neck. Before dressing the fish, scale it carefully, and cleanse it thoroughly, scraping away the blood and impurities with a knife and washing it as little as possible. Salmon fishing is regulated by special laws and it is illegal to sell it out of season. Dutch and Canadian salmon may, however, be bought all the year round. Salmon should be cooked as soon as possible after it is caught, as there is then a creamy curd between the flakes which disappears later. It will, however, keep good for three or four days if kept in a cold place.

BOILED SALMON. *Time—According to weight.*
(*Saumon bouilli.*)

1 salmon; lemon; 4 ozs. of salt to one gallon of water.

Salmon should be thoroughly well cooked to be wholesome, allowing 10 minutes to the pound and 10 minutes over. The best pieces for boiling are the head and shoulders and the middle cut. If not

too large, the fish may be boiled whole. Fresh salmon may be boiled in salt and water to cover, but vinegar is not added to the water as it impairs the colour. Imported salmon having less flavour may be boiled in a Court Bouillon (page 96), flavoured with white wine. Boil the water and salt rapidly in the fish-kettle for a minute or two, taking off the scum as it rises. Draw the pan to the side of the fire, put in the salmon, first trussing it in the shape of the letter S, and let it simmer gently until it is thoroughly cooked. *To Dish.*—Lift it out of the water on the strainer, drain well and dish on a hot folded napkin. Garnish with slices of lemon. Hand shrimp or lobster sauce (page 57) and dressed cucumber.

BROILED SALMON.

(*Saumon grillé.*)

For 8 persons.
Time—10 *to* 15 *minutes.*

2 lbs. of slices from the middle of a salmon; a little cayenne pepper; 1 tablespoonful of flour; salt; a sheet or two of oiled letter-paper.

Cut slices of an inch or an inch and a half thick from the middle of a large salmon. Dust with Cayenne pepper and salt. Wrap them in oiled or buttered paper and broil them over a clear fire, first rubbing the bars of the gridiron with suet. Broiled salmon is extremely rich, and really requires no sauce. A piquant sauce (see page 56) is much liked, however, or Tartare sauce (page 60) may be served with it. The slices of salmon may also be simply dried in a cloth, floured, and broiled over a clear fire, but require the greatest care to prevent them from burning. The gridiron should always be rubbed with suet before using.

PICKLED SALMON.

(*Saumon Mariné*)

Allow ¼ lb. per person.
Time—12 *to* 14 *hours.*

1 whole cooked salmon or 3 or 4 lbs. of salmon; 1 oz. of black peppercorns; 1 oz. of allspice, 1 tablespoonful of salt; 4 bay leaves; equal quantities of vinegar and the liquor in which the fish was boiled.,

Remove the bone and lay the salmon in a dish; boil a sufficient quantity of the liquor in which the fish was boiled with an equal quantity of vinegar, the peppercorns, allspice, bay leaves and salt. When cold, pour it over the fish. It will be fit for use in 12 to 14 hours. This makes a good breakfast or supper dish and is useful for picnics.

SKATE.

(*Raie.*)

Skate is always sold cut in pieces or crimped. It is nutritious, but should be eaten very fresh and only when in season. It should always be skinned, and it is advisable to steep it in cold water for an hour or two before cooking.

SKATE WITH BLACK BUTTER. *For 7 or 8 persons.*
(*Raie au Beurre Noir.*) *Time*—15 *to* 20 *minutes.*

2 lbs. of cooked skate; black butter sauce (page 51).

Boil the skate according to the directions on page 96. Arrange it on a hot dish and cover with the black or brown butter, which must be poured over boiling hot. Serve at once. *Note.*—Chopped capers are usually added to the butter when it is served with skate.

SMELTS.
(*Eperlans.*)

A delicate little fish which has a singular perfume of violets or syringa. It requires great care in cleaning. Pull the gills out, and the inside will come with them. Wipe and dry gently. Smelts should not be washed more than is necessary to just clean them.

FRIED SMELTS. *For 2 persons.*
(*Eperlans frits.*) *Time*—3 *or* 4 *minutes.*

8 smelts; a little flour; 1 egg; frying fat; breadcrumbs; parsley; sauce.

Wash, cut off the fins, dry the fish in a cloth, and dredge a little flour over them. Beat up the egg and dip the smelts into it, then into breadcrumbs and plunge them into a pan of boiling fat; let them fry gently for a few minutes until a bright brown. *To Dish.*—When cooked, dish the fish on a napkin, garnish with fried parsley, and hand anchovy or shrimp sauce (see pages 56 and 57).

SOLES.
(*Soles.*)

There are white and black soles, named according to the colour of their backs.

When a sole has roes, it should only be used filleted, as the flavour is then very inferior.

The lemon sole is rounder than the sole, with a smoother reddish brown upper skin. It is inferior in quality to the sole and therefore cheaper, but it is a delicate fish and may be cooked according to any recipe for sole.

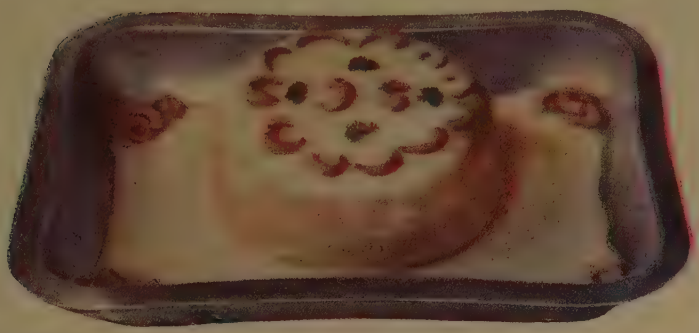
FILLETED SOLES. (PLATE 10). *For 4 persons.*
(*Filets de Soles.*) *Time*—10 *minutes.*

2 medium soles; 1 egg; breadcrumbs; salt, pepper; 1 lemon; lard or butter; parsley.

Fillet the soles. Sprinkle each fillet with salt, pepper and a squeeze of lemon juice. Roll them up from the tail end upwards, and fasten them with very small skewers or string. Dip them into the beaten egg and then into breadcrumbs or coat a second time with the egg and crumbs and fry them in hot lard, or in clarified butter. If preferred each fillet may be cut in half, egg-crumbed and fried, or







PL. 12.

SALMON MAYONNAISE. (*See page* 170). LOBSTER SALAD. (*See page* 169). FISH SOUFFLÉ. (*See page* 298).

they may be dipped in frying batter and then fried, first soaking the fillets in lemon juice, chopped parsley and seasoning for an hour. This is called "Sole à l'Horly." *To Dish.*—Arrange the fish on a folded napkin or a paper d'oyley on a hot dish and garnish with fried parsley and slices of lemon.

Soles may be fried whole in a small quantity of fat.

FILLETS OF SOLE AU GRATIN. *For 4 persons.*
(*Filets de Sole au Gratin.*) *Time—About 20 minutes.*

1 large sole; 1 gill of brown sauce; 4 ozs. of veal stuffing (page 65); breadcrumbs; mashed potatoes; 1 oz. of butter.

Skin and fillet the sole; spread veal stuffing on each fillet and roll it up. Put a ring of mashed potatoes on a fireproof dish, arrange the fillets in a circle, coat them with breadcrumbs and put a small piece of butter on each, cook in a moderate oven for about 20 minutes or until the sole is cooked and nicely browned. Fill the centre with small balls of forcemeat fried or baked and pour round a little, good brown or Espagnole sauce (see page 50).

SPRATS. (PLATE 14).
(*Esprots.*)

Clean a number of sprats well, draw them through the gills, wipe dry and dip in flour. Fasten them in rows by a skewer run through their gills, place them on a close-barred gridiron, broil them a nice brown. Draw out the skewer and serve them very hot. Garnish with cut lemon and parsley, and hand thin brown bread and butter.

TROUT.
(*Truite.*)

There are two or three species of trout; the sea or salmon trout are somewhat large and are prepared and cooked in the same way as salmon. The small river or moor trout are a great delicacy but should be cooked as soon as possible after being caught. Lake trout are usually a little larger than river trout.

FRIED TROUT. *For 2 persons.*
(*Truite frite.*) *Time—20 minutes.*

2 trout; 1 lemon; 1 egg; frying fat; breadcrumbs.

Thoroughly clean, remove the gills, and brush the trout over with the well-beaten egg, dip into breadcrumbs and fry in hot fat until golden brown. Serve with anchovy sauce (see page 56) and garnish with sliced lemon. This is an excellent way of cooking small trout. They are also grilled whole and served with Maître d'Hôtel or black butter (see pages 62 and 51).

TURBOT.
(*Turbot.*)

Turbot is the finest of the flat fish, its usual weight being from 5 to 20 lbs. A good fish should be thick; the flesh is firm, and the fish stiff when it is fresh. It may be baked, filleted and fried, grilled, stewed and made into various dishes.

BOILED TURBOT. (PLATE 13). *Time—1 hour for 10 lbs. More or less according to weight.*
(*Turbot bouilli.*)

Put a Court Bouillon (page 96) or water to which salt and vinegar or lemon juice have been added into a fish-kettle and bring nearly to the boil. Make an incision in the skin of the back of the turbot nearly to the bone, to prevent the skin of the white side from cracking. Do not cut off the fins; these are considered a delicacy. Place the cleaned and washed turbot on the strainer of the fish kettle on a cloth or piece of muslin and put it into the water, which should quite cover it. Let it simmer slowly and skim the water very carefully. Calculate the time of cooking according to the weight, a fish weighing 10 lbs. should take an hour to cook. If only 3 or 4 lbs. of turbot are being cooked, allow 8 to 10 minutes to the pound, according to whether the thick or thin part of the fish is being cooked.

When it is done, lift up the strainer and let the turbot drain; keep it very hot. **To Dish.**—Slide the fish gently on to a hot dish, on which a folded napkin or a dish paper has been placed. It is usual to serve the under or white part of the turbot uppermost. Garnish the fish with lobster coral rubbed through a sieve and the dish with sprigs of curled parsley and slices of lemon. Hand lobster, shrimp or anchovy sauce (pages 57 and 56) separately.

WHITEBAIT.
(*Blanchailles.*)

FRIED WHITEBAIT. (PLATE 14). *For 4 or 5 persons. Time—5 minutes.*
(*Blanchailles frites.*)

1 lb. of whitebait; frying fat; lemon; flour; salt; pepper.

Wash and drain the whitebait in a colander, dry in a cloth. Put 3 tablespoonsful of flour in another cloth or on a large sheet of paper, put in a few of the whitebait and toss them in the flour. Put them into a frying basket and place this in a deep pan of lard, from which a faint blue smoke should begin to rise. Fry for 2 minutes, shaking the basket gently all the time. Turn the fish on to a paper to drain, and then coat a few more whitebait with the flour. Re-heat the fat and fry. Continue this until the fish has all been fried. Re-heat the fat and put as many whitebait as possible into the basket and fry a second time until crisp, about 2 minutes. Drain on paper, sprinkle with salt and dish on a folded napkin. Garnish

with cut lemon and hand thin brown bread and butter. Serve as hot as possible.

WHITING.
(*Merlan.*)

Whiting should not be too large. They are in season all the year round and are a very delicate, easily digested fish, therefore especially suitable for invalids. Whiting may be cooked according to any recipe given for cooking fresh haddock.

FRIED WHITING. (PLATE 15). 1 *per person.*
(*Merlan frit.*) *Time to fry*—10 *minutes.*

1 egg; 2 or 3 whiting; breadcrumbs; frying fat; a little flour.

Clean the whiting, take off the skin, curl them round, and fasten the tail in the mouth. Rinse, dry with a cloth and dredge with flour. Brush over with the beaten egg, roll in breadcrumbs, fry in hot fat. *To Dish.*—Serve on a napkin or dish paper on a hot dish. Garnish with fried parsley and hand shrimp or anchovy sauce (pages 57 and 56). *Note.*—Whiting may be filleted and fried, if preferred.

SHELLFISH.

CRABS.
(*Crabes.*)

The heaviest crabs are usually considered the best, the light ones being watery. The shell, whether the crab be alive or dead, should be of a bright red colour, and the joints of the legs stiff. Crabs are stale when the eyes look dull.

They may be killed by running a skewer between the eyes or by plunging them into absolutely boiling water.

Crabs are boiled in the same manner as lobsters, (page 114) but require a much longer time. They are usually eaten cold.

TO DRESS BOILED CRAB. (PLATE 14).
(*Crabe dressé.*)

Twist off the large and small claws, pull off the flaps or "aprons" and separate the upper shell from the lower one. Remove the intestines, the stomach, which is a little bag near the head, and the "fingers" from the sides. Pick out all the meat and free it from pieces of shell, remove the meat from the claws also, chop it finely, mix with oil, vinegar, salt, pepper and cayenne. Wash and dry the shell and fill it with the mixture. Arrange on a lace paper on a dish and garnish with some of the small claws and chopped

parsley. Garnish the dish with dressed watercress. *Note.*—Mayonnaise sauce (page 58) may be used in place of oil and vinegar if desired.

DEVILLED CRAB. *For 3 or 4 persons.*
(*Crabe au Diable.*) *Time*—15 *to* 20 *minutes.*

1 cooked crab; 1 teaspoonful each of chilli vinegar, chutney, chopped gherkins and Worcester sauce; 1 gill of brown sauce (page 50); 1 tablespoonful of breadcrumbs; cayenne; ½ teaspoonful of made mustard; salt, pepper.

Remove the meat from the body and claws of the crab and make the sauce hot. Add all the other ingredients and the crab meat, stir over the fire until hot. Wash and dry the shell of the crab, fill it with the mixture, sprinkle with breadcrumbs and put it into a moderate oven and bake for 8 or 10 minutes. *To Dish.*—Arrange on a lace paper on a hot dish and garnish with parsley.

CRAWFISH.
(*Langouste.*)

The crawfish resembles a lobster without the large claws. It has not the delicate flavour of the lobster, but may be cooked according to any recipe used for lobster.

CRAYFISH.
(*Écrevisse.*)

Crayfish are a freshwater shellfish, much like a lobster, only considerably smaller. They are delicate little fish, usually imported into this country and much used as a garnish for salmon and other fish dishes. They also make a good soup and hors-d'œuvre.

LOBSTER.
(*Homard.*)

Medium-sized lobsters are the best; they should be chosen by weight, the heaviest being the best. Very often a good small-sized lobster will weigh more than a large one.

The male is the better for boiling as the flesh is firmer and the shell of a brighter red; but the hen lobsters are valuable on account of their spawn or coral, which gives such a beautiful colour to sauces and is so useful for decorations. They make excellent sauces, salads, and made-up dishes.

The hen is usually distinguished by its broader tail, the two uppermost fins within the tail being less stiff and hard than those of the male lobster.

TO KILL AND BOIL A LOBSTER.
(*Homard bouilli.*)

Run a skewer or a sharp-pointed knife into the spinal cord at the joint between the body and the tail shells.

Another method of killing the lobster is to tie the claws together and to plunge it head first into a pan of absolutely boiling salted water. If put head first into the water, it is killed instantly.

Boil it briskly, then take it from the hot water and leave it to drain. Wipe off all the scum from it. Tie a little piece of butter in a cloth and rub the shell over with it, or rub the shell over with salad oil if preferred. A lobster weighing a pound takes 1 hour to boil, others in like proportion, more or less.

TO DRESS A LOBSTER.

When sent to table, separate the body from the tail, remove the large claws, and crack them at each joint carefully, and split the tail down the middle with a sharp knife; place the body upright in the centre of a dish on a napkin, and arrange the tail and claws on each side. Garnish it with parsley or salad and hand oil and vinegar.

BROILED LOBSTER (An American Recipe).

For 4 persons.

(*Homard grillé.*) *Time*—10 *to* 15 *minutes.*

1 boiled lobster; 2 ozs. of butter; salt, pepper; parsley; melted butter (page 51).

Split the lobster from head to tail. Take out the intestines and the stomach or "lady," which is near the head, and the gills, which are spongy-looking fingers. Brush the shells over with butter and put pieces of butter over the meat, sprinkle it with pepper and put the shells, cut side uppermost, on a greased gridiron over a clear fire for about 10 minutes. Baste the meat with oiled butter and again cook for 5 or 10 minutes. Sprinkle with salt and pepper. *To Dish.*—Arrange the shells on a paper d'oyley on a hot dish, crack the claws and put them between the shells. Garnish with parsley. Hand melted butter.

LOBSTER CUTLETS.

Time—8 *minutes to fry.*

(*Côtelettes d' Homard.*)

1 large hen lobster; a pinch of nutmeg; 1 dessertspoonful of anchovy essence; frying fat; parsley; 1½ ozs. of butter; salt, pepper; 1 gill of fish stock or water; 1½ ozs. of flour; cayenne; 1 egg; breadcrumbs; anchovy sauce (page 56).

Pick the meat from the lobster and chop it finely. The shells may be used to make the stock. The coral may be washed and dried in a cool oven and pounded with the ½ oz. of butter, then rubbed through a sieve. Melt the butter in a pan, add the flour and blend well. Add the stock, stir until boiling, simmer for 5 minutes, add the chopped lobster, the lobster butter, anchovy essence, nutmeg and a very little milk if the mixture be too stiff. Season well and make hot, then turn on to a plate to cool. When cold, divide into equal portions, shape these into cutlets, brush them over with egg, dip in breadcrumbs and fry in hot fat. Drain well

on soft paper and insert a small piece of the lobster feeler in each cutlet to simulate a bone. *To Dish.*—Arrange the cutlets in 2 lines on a dish paper on a hot dish and garnish with fried parsley. Hand anchovy sauce. *Note.*—This mixture, shaped into balls, egged and crumbed and fried makes lobster croquettes.

MUSSELS AND COCKLES.

(*Moules et Coques.*)

Clean the shells well with repeated washings, but do not keep them longer than necessary in water, and stew them in a small quantity of boiling water. The saucepan should be covered, and shaken continually when they are cooking, that they may be done equally. When the shells open they are done.

When boiling mussels, put a silver spoon in with them, and if it turns black do not eat them. Always remove the beards from mussels and serve them very hot.

Mussels may be cooked according to any recipe given for oysters. They are much used in France and are wholesome and nourishing if served really fresh.

OYSTERS.

(*Huîtres.*)

Oysters should be eaten very fresh and should be plump and firm. They are at their best "au naturel"—that is, opened and served raw in the deep shell with thin brown bread and butter and cut lemon (see page 93).

Sometimes the oysters are served on a bed of shaved ice on individual plates.

TO OPEN OYSTERS.

Scrub the shells, hold the oyster in a cloth in the left hand, with the deep shell downwards. Insert a sharp oyster knife between the edges of the shells at the valve side and cut through the hinge.

BOILED OYSTERS.

(*Huîtres bouillies.*)

4 *to* 6 *oysters per person.*
Time—5 *to* 6 *minutes.*

Scrub the shells, put them into boiling water and boil until the shells open.

Serve the oysters in their shells with plain melted butter.

OYSTER FRITTERS.

(*Beignets d' Huîtres.*)

2 *or* 3 *fritters per person.*
Time—5 *minutes.*

½ pint of oysters; frying batter (page 63).

Open the oysters and remove the beards, scald in their own liquor, by putting them into a pan with the liquor and bringing

it to the boil, then drain the oysters on a fine sieve. Dip them one by one into the batter and put them into a pan of boiling fat, and fry a light brown. Take them out carefully with a perforated spoon, drain on soft paper and serve as a garnish for boiled fish, or use as an hors-d'œuvre.

OYSTERS, BROILED. *6 per person.*
(*Huîtres Grillées.*)

Wash the shells perfectly clean, wipe them dry, and lay them on a gridiron, the deep side to the fire; set over a clear, hot fire. When the shells open wide and the oysters look white, they are done. *To Dish.*—Put the oysters on a folded napkin on a dish with the deep shell downwards, taking care not to lose the liquor. Serve them very hot, and hand cayenne, lemon, and brown bread and butter.

PRAWNS OR SHRIMPS.
(*Crévettes.*)

BOILED PRAWNS OR SHRIMPS. 8 *to* 10 *prawns per person.*
(*Crévettes Bouillies.*) *Time*—8 *minutes.*

Prawns or shrimps; parsley: 1 lemon; 4 ozs. of salt to each gallon of water.

Put the prawns or shrimps into boiling water, with salt in the above proportions; boil them for 8 minutes, skimming off all scum as it rises. When done, drain them on a sieve, and then place them on a large dish to dry and get cold. *To Dish.*—Take a large lemon and stick the prawns over it by their tails or horns; put them in rows as closely as possible, and garnish with parsley freshly gathered. Prawns stuck into ½ a lemon placed cut side down on each plate and garnished with parsley make a pretty hors-d'œuvre.

SCALLOPS.
(*Coquilles.*)

SCALLOPS. *6 per person.*
(*Coquilles St. Jacques.*) *Time*—½ *hour.*

Scallops; a sprig of minced parsley; 1 egg; bread crumbs; 2 or 3 ozs. of dripping; 1 lemon; parsley; pepper, salt; 1 oz. of flour; ¼ pint of water or fish stock.

Open the scallops with a knife and take them out as you would oysters. Remove the beard and the black part, cover them with beaten egg and breadcrumbs, seasoned with pepper, salt and minced parsley. Fry them in the dripping in a frying pan. Turn once, remove the scallops and keep them hot, dredge the flour into the frying pan, add the water and stir until boiling. Season with pepper and salt, add the scallops and re-heat. *To Dish.*—Turn the mixture into an entrée dish and garnish with cut lemon and parsley. A

spoonful of lemon pickle may be added to the sauce. Scallops may also be floured and fried and then stewed as above.

MADE-UP FISH DISHES.

COD AU GRATIN.

(Cabillaud au Gratin.)

For 4 to 8 persons.
Time—½ hour.

1 or 2 lbs. of cooked cod; a grate of nutmeg; ½ pint of oyster sauce (page 57); 1 oz. of butter or margarine; 4 ozs. of breadcrumbs; salt, pepper.

Remove all skin and bone from the fish and break it into flakes. Grease a gratin or pie dish, put in some of the oyster sauce, then a layer of fish. Dust this over with salt, pepper and nutmeg, and continue alternate layers of fish and sauce until the ingredients are finished, but the top layer must be sauce. Cover with the breadcrumbs, using sufficient to coat the mixture completely. Put a few pieces of butter or margarine here and there over the top and bake in a moderate oven for about ½ hour. *Note.*—Salmon or any white fish may be cooked in this manner.

CURRIED FISH.

(Kari de Poisson.)

For 3 or 4 persons.
Time—20 to 30 minutes.

1 lb. of fish; 1 dessertspoonful of curry powder; 1 apple; 4 ozs. of rice; 1 oz. of butter or margarine; 1 gill of milk; 1 onion; 1 oz. of flour; ½ pint of water or fish stock; salt.

Any fish such as salmon, cod, hake, haddock, halibut, fresh herrings, lobsters, crabs, prawns and oysters may be curried. Clean and gut the fish, skin it and remove the bones and cut the fish into neat pieces. Melt the butter or margarine in a pan, add the onion peeled and minced finely, and stir over low heat for a few minutes without browning. Add the curry powder and flour and stir over the fire for 5 minutes, but do not brown the flour. Add the stock and milk gradually, stir until boiling, add the chopped apple and the pieces of fish, and a good pinch of salt. Simmer very gently until the fish is cooked—20 to 30 minutes. *To Dish.*—Season and serve in a hot curry dish. Hand boiled rice and chutney. If preferred, the fish may be served in the centre of a border of rice on a hot dish. Cooked fish may be made into curry, but in this case the sauce must be simmered for 10 minutes before adding the fish. The fish only needs re-heating—a matter of 10 minutes.

FISH IN BATTER.

(Pouding de Poisson.)

For 4 persons.
Time—About 30 minutes.

1 lb. of any kind of cooked fish; 1 oz. of butter; batter; 1 teaspoonful of sweet herbs if liked; salt, pepper; 1 dessertspoonful of chopped parsley.

Make the batter with ¼ lb. of flour, 1 pint of milk, 2 eggs and a pinch of salt, and let it stand for at least ½ hour. Remove the

skin and bone from the fish and break it into flakes. Put it into a well-greased pie dish. Sprinkle with salt, pepper, chopped parsley and herbs. Melt the butter, and pour it over the fish, then pour on the batter. Bake in a moderate oven until the batter is firm and pale brown. Serve immediately in the pie dish.

FISH CAKES.

(Boulettes de Poisson.)

10 or 12 cakes.
Time—2 hours.

1 lb. of any cooked fish; 1 egg; 1 oz. of margarine; ½ pint of milk and water: 1 lb. of cold potatoes; pepper and salt; 1 oz. of flour; 2 teaspoonsful of anchovy essence; 1 tablespoonful of chopped parsley.

Remove the skin and bones from the fish and mince the meat finely. Rub the potatoes through a sieve or put them through a potato masher and add them to the fish. Melt the margarine in a pan, add the flour and blend well, then add the milk and water gradually. Stir until boiling, add the anchovy essence, the fish and potatoes, chopped parsley and seasoning. Make hot, stirring all the time. Beat up the egg and add. Mix well, then turn the mixture on to a plate and leave until cold. Divide into equal portions, roll these into balls, using a little flour to keep the mixture from sticking to the hands or the board. Flatten the balls into cakes, brush over with beaten egg or milk, roll in breadcrumbs, put into a frying basket and fry in hot fat until pale brown. Drain on soft paper and serve on a paper d'oyley on a hot dish. Garnish with fried parsley. These make an excellent breakfast dish and may be prepared overnight and fried the next morning. Any sauce left over from the original fish dish may be used for this. This mixture may be shaped into cutlets and fried as above.

Fish Pudding may be made from this recipe. Mix the fish with the sauce, parsley and seasoning, put it into a greased pie dish and cover with the mashed potatoes and bake. It may also be put into greased scallop shells, covered with mashed potatoes or breadcrumbs and baked.

FISH CROQUETTES.

(Croquettes de Poisson.)

8 or 10 Croquettes.
Time—¼ hour.

½ lb. of any cooked fish; 1 teaspoonful each of chopped parsley and herbs; ½ lb. of breadcrumbs; 1 onion; pepper and salt; 1 egg; frying fat; 1 oz. of butter or margarine; tomato or piquant sauce (pages 53 and 56).

Cooked herrings, Findon haddock, salmon, mackerel or any cooked salt fish make excellent croquettes, though they may also be made with any white fish. Having removed all skin and bones from the fish chop it finely. Mix it with the breadcrumbs, grated onion, parsley, herbs and the butter (oiled). Season well and bind with the beaten egg. Divide the mixture into even portions and roll these into small balls with the help of a little flour. Brush over

with egg and dip in breadcrumbs, put into a frying basket and fry in hot fat. *To Dish.*—Drain the croquettes on soft paper and dish on a paper d'oyley on a hot dish. Garnish with fried parsley and hand tomato or piquant sauce. *Note.*—If preferred, this mixture may be made into rissoles, by enclosing it in pastry. Roll out some short crust pastry (page 237) very thinly and stamp it into rounds the size of the top of a tumbler. Put a little of the fish mixture in the centre of each. Moisten the edges of the pastry with water and double them over. Press the edges well together, brush them over with beaten egg, dip in crushed vermicelli and fry in hot fat. Drain on soft paper and dish like the croquettes. Eat hot or cold. These are excellent for picnics.

FISH CUTLETS. (PLATE 15). *For 5 or 6 persons.*
(*Côtelettes de Poison.*) *Time*—10 *to* 15 *minutes.*

½ lb. of any cooked fish; 1 teaspoonful of chopped parsley; 1 egg; 2 ozs of cooked rice or potatoes; salt; pepper; breadcrumbs; 1 gill of stiff white sauce (page 51); frying fat.

Remove the skin and bone from the fish and chop finely. Mix with the rice or potatoes, the sauce and chopped parsley. Season well. Beat up the yoke of the egg and add. Heat the mixture, then turn it on to a plate to cool. When cold, divide it into six or eight equal portions. Shape them on a floured board as much like a cutlet as possible. Brush over with the slightly beaten white of egg, dip in breadcrumbs and fry in hot fat. Drain on soft paper and serve, leaning up against each other on a paper d'oyley on a hot dish. If desired, a small piece of uncooked macaroni may be inserted in the pointed end of each cutlet to simulate the bone. Garnish with fried parsley and serve hot. *Note*:—It preferred, this mixture may be made into kromeskies by shaping it into rolls and enclosing each roll in a very small piece of thinly cut bacon. Dip in frying batter (page 63) and fry in hot fat.

FISH KEDGEREE. *For 3 or 4 persons.*
(*Kedgeree de Poisson.*) *Time*—20 *minutes.*

1 lb. of any cooked fish; 3 ozs. of butter or margarine; 4 ozs. of boiled rice; 1 teaspoonful of chopped parsley; 1 hard-boiled egg; salt, pepper.

Boil the rice as for curry (page 163), keeping the grains separate. Free the fish from skin and bones and flake it finely. Melt the butter or margarine in a pan, add the rice and fish and stir over the fire until hot. Season well and add the chopped white of the hard-boiled egg. Pile this high, pyramid shape, on a hot dish and garnish with alternate lines of chopped parsley and the yolk of the egg rubbed through a wire sieve. Serve at once.

ENTRÉES AND MADE DISHES

Light Entrées—Hot Meat Entrées—Poultry and Game Entrées—Made-up Dishes, and Plain Household Dishes—Curries.

Entrées are really dressed or made dishes and form an important course at a dinner. They should be very well made and artistically garnished, and are dished in such a manner as to be easily served, as entrées are always handed. They come between the fish course and the remove.

One entrée is usually considered sufficient nowadays, as dinners are much simpler than formerly. Sometimes the remove is dispensed with, in which case a light entrée may be followed by a heavier one. This order of precedence is always followed where two entrées are served.

Entrées may be hot or cold, light or solid. Light entrées consist of small light dishes such as soufflés, vol-au-vents, rissoles, croquettes, fritters and so on, which may be made of cooked or uncooked meat, game or poultry, while the heavier entrées are usually made from cutlets, fillets, tournedos, navarins, small steaks and so on of any kind of meat, or made dishes of poultry or game.

Fish is only served as an entrée during Lent.

Cold entrées are usually elaborate and lend themselves to artistic decorations.

Sauces form an important part of entrées, as nearly all entrées hot or cold, are served with sauce of some kind.

LIGHT ENTRÉES.

Quenelles, fritters, bouchées, boudins, scallops or coquilles, croquettes, rissoles, vol-au-vents, cassolettes or croustades, cannelons, crépinettes are all suitable for light entrées.

Bouchées and vol-au-vents are usually made of small puff pastry cases, filled with various savoury preparations of fish, meat, poultry or game, called salpicons, a bouchée being smaller than a vol-au-vent.

A boudin is usually a mixture something like a quenelle mixture, called a farce, made of fish, meat or poultry which is generally steamed or poached and served with sauce.

Cannelons are very small rolls of puff, rough puff, or flaky pastry filled with a savoury mince mixture, baked in the oven or egged and crumbed and fried.

Crépinettes are savoury meat, poultry or game mixtures wrapped in pig's caul and fried or grilled.

Cassolettes or croustades are baked or fried pastry, bread or potato shapes filled with a salpicon of fish, meat, poultry or game.

Scallops or coquilles are usually small shells of silver, or china or the natural scallop shell, filled with minced meat, poultry or game mixed with sauce.

Quenelles are pounded meats mixed with a panada.

POTATO BOUCHEÉS.

(*Bouchées à la Parmentier.*)

For 5 *or* 6 *persons.*
Time—30 *minutes.*

1 lb. of cooked potatoes; yolk of 1 egg; grated nutmeg; 3 fresh or 4 or 5 bottled mushrooms; 2½ ozs. of butter; ½ lb. of cooked game, chicken or veal; ¾ pint of Béchamel sauce (page 50); milk; salt, pepper; breadcrumbs.

Remove all skin and gristle from whatever meat is used and mince the meat with a knife. Peel, wash and chop the mushrooms, and add them. Bind with sufficient sauce to moisten, season well and stir over the fire until hot. Rub the potatoes through a sieve. Melt the butter in a pan, add the potatoes and make them hot, then stir in sufficient milk to bind the mixture. Beat up the yolk of the egg, add it and season well. Grease some small moulds and sprinkle them over with very fine brown breadcrumbs. Line them with the potato purée. Fill each mould up with the prepared salpicon. Cover with more potato, smooth it, put the moulds on a baking tin and bake in a moderate oven from 15 to 20 minutes. *To Dish.*—Turn the bouchées out on to a hot entrée dish and pour round the remainder of the Béchamel sauce.

CHICKEN BOUDINS.

(*Boudins de Volaille.*)

For 4 *or* 5 *persons.*
Time— *About* ½ *hour.*

About ½ lb. of raw chicken; 1 egg; ½ pint of white sauce; 1 oz. of butter or margarine; salt, pepper; 1 oz. of flour; ¼ gill of chicken stock or milk.

Put the stock and butter into a pan and heat. Then stir in the flour and cook, stirring rapidly the whole time until the mixture or panada forms a ball in the centre of the pan. Let it cool. Free the chicken from all skin and sinew, mince and pound it in a mortar until smooth. Add the panada and the egg gradually. Season well and rub through a sieve. Roll this mixture into the shape of very small sausages or croquettes. Put them into a buttered sauté pan and pour over just enough stock or water to keep them from burning. Cover with buttered paper and cook over low heat until set. *To Dish.*—Dish the boudins on a small line of mashed potatoes, leaning up against each other and coat with very good white sauce. *Note.*—These boudins may be made in the same manner with game, veal, rabbit, hare, pigeons, sweetbreads or

poultry of any sort. Dark game should be coated with brown sauce and a little truffle may be added to the game. Sometimes the boudins are cooked in the oven in a greased pan with sufficient water or stock to steam them.

CALVES' BRAINS À LA MAÎTRE D'HÔTEL.

For 4 persons.
(*Cervelles de Veau à la Maître d'Hôtel.* *Time*—15 *minutes.*

2 calves' brains; frying fat; salt; Maître d'hôtel sauce (page 55); 1 tablespoonful of vinegar.

Prepare the brains as directed on page 55. Boil them until tender in salted water, to which a tablespoonful of vinegar has been added. Cut four thin slices of bread as much the same shape as scallop shells as possible. Fry these pale brown in deep fat and drain well. Cut each brain in half. *To Dish.*—Place half a brain on each of the bread croûtons, and coat with Maître d'Hôtel sauce. Garnish with parsley, and serve hot. If liked, brains cooked in this manner may be made hot in the Maître d'Hôtel sauce and put into scallop shells. Sprinkle with breadcrumbs and brown in the oven or under a griller.

CASSOLETTES OF GAME.

For 4 or 5 persons.
(*Cassolettes de Gibier.*) *Time*—20 *to* 30 *minutes.*

About ½ lb. of short crust or rough puff pastry (page 237); 1 gill of good brown sauce (page 50); ½ lb. of cooked game; 4 ozs. of cooked ham; 1 shallot; mashed potatoes; 4 mushrooms; 1 oz. of butter.

Roll the pastry out very thinly, line some small greased moulds or patty pans with it. Fill these with greased paper and raw rice, and bake in a moderate oven until pale brown. Remove the rice and paper. Put the game and ham through a mincer, chop the mushrooms and add. Melt the butter in a pan, add the chopped shallot and fry a little. Add the game and mushrooms and the brown sauce. Season well and cook for 3 or 4 minutes, then put the mixture into the pastry cases. Cover the top with the mashed potatoes and bake for 10 minutes. *To Dish.*—Turn out carefully on to a lace paper on an entrée dish and serve hot. Garnish with parsley. Any kind of meat, poultry or game may be used for this.

CROQUETTES, RISSOLES AND CUTLETS. (Plate 16).

An excellent method of using up cooked meat, poultry, game, ham or tongue or a mixture of two kinds for entrées, is to make them into croquettes, rissoles or cutlets. The mixture may be kept quite plain or may be made richer in flavour according to the various ingredients employed. The plain mixture can be made from any cooked beef, mutton, kidney, liver, veal, poultry or game with the addition of about half the quantity of meat in breadcrumbs, mashed potatoes, rice or cooked macaroni, with sufficient stiff, thick white

or brown sauce to bind, with or without eggs, according to the richness desired.

Plain rissoles or croquettes are usually flavoured with chopped parsley or chopped herbs and a suspicion of chopped onion; more elaborate ones with chopped cooked mushrooms, shallots, chives, truffle and sometimes hard-boiled eggs. Cream may also be added with a very rich mixture, and a pinch of powdered mace or nutmeg enhances the flavour for those who like these spices.

Croquettes are usually rolled into balls or cork shapes, brushed over with egg, crumbed and fried.

Cutlets are pear-shaped, and rissoles are generally a savoury mixture enclosed in a thin pastry covering. These are brushed over with egg, dipped in breadcrumbs or crushed vermicelli and fried in hot fat.

CROQUETTES.
(*Croquettes.*)

For 4 *or* 5 *persons.*
Time—15 *minutes.*

½ lb. of cold beef or mutton; 1 egg; 1 gill of brown sauce or sauce for binding rissoles (pages 50 and 55); 4 ozs. of breadcrumbs; 1 teaspoonful of chopped parsley; salt, pepper; frying fat; 1 teaspoonful of chopped herbs; rind of ½ lemon grated; milk.

Remove all skin, fat and gristle from the meat and put it through a mincer. Season highly with salt and pepper, add the chopped herbs and parsley, the grated lemon rind and the breadcrumbs. Beat up the egg well and add to the mixture with the sauce. Stir well over the fire until hot. Then turn it on to a plate to cool, shaping the mixture into a flat cake on the plate. When cold, divide it into equal portions. Roll into balls or cork shapes, brush these over with milk or beaten egg, roll in breadcrumbs and fry in hot fat. When pale brown, take them up and drain on soft paper. *To Dish.*—Dish on a paper d'oyley on a hot dish, and garnish with fried parsley. Hand brown, tomato (pages 50 and 53) or any sauce liked. Any kind of meat, poultry or game may be used for these either alone or mixed with ham. Cooked rice or potatoes may be used in place of the breadcrumbs.

DRESDEN PATTIES.
(*Cassolettes d'Allemande.*)

For 6 *or* 8 *persons.*
Time—15 *minutes.*

8 bread cases; ½ lb. of cold meat mince; 1 egg; frying fat; white or brown sauce (pages 50 and 51); breadcrumbs; herbs, parsley; ketchup; mushrooms.

Cut some stale bread into slices from 2½ to 3 inches thick. Stamp these into rounds with a cutter about 2½ inches in diameter, then with a smaller cutter mark a hole in the centre. Keep the top of this for a lid and scoop out all the centre, leaving a thin layer of bread at the bottom. Brush the cases over with beaten egg and roll in breadcrumbs. Fry a good brown in hot fat, drain very well on soft paper, placing the hollow side downwards so that the fat

drains out. Fry the lids also. Any sort of meat, poultry, game or fish may be minced, mixed with a white or brown sauce according to the kind of meat used, and flavoured with herbs, parsley, ketchup, mushrooms, and so on. Fill the bread cases with the mince, piling it high in the centre and put a little lid on each.

To Dish.—Arrange the cases neatly on a dish paper on a hot dish and garnish with fried parsley. Serve hot.

DEVILLED KIDNEYS. *For 4 persons.*
(*Rognons à la Diable.*) *Time*—8 *to* 10 *minutes.*

4 sheep's kidneys; 1 oz. of oiled butter; salt, pepper; 2 ozs. of curry butter (page 62); cayenne; croûtons of fried bread.

Skin the kidneys and cut them open without dividing them. Remove the core, dip them into oiled butter, sprinkle well with salt, pepper and cayenne, put them cut side down, on to a greased gridiron, and grill for 6 to 8 minutes, turning two or three times. Serve hot on croûtons of fried bread and put some of the curry butter in the centre of each kidney. *To Dish.*—Serve on a lace paper on an entrée dish and garnish with parsley.

GRILLED KIDNEYS. *For 2 or 3 persons.*
(*Rognons à la Brochette.*) *Time*—6 *to* 8 *minutes.*

4 kidneys; salt, pepper; 4 thin rashers of streaky bacon; 1 oz. of butter; 4 small tomatoes; 1½ozs. of Maître d'Hôtel butter (page 62).

Skin the kidneys, cut them in halves without separating them. Remove the core and insert a small skewer in each to keep them open. Melt the ounce of butter and dip the kidneys into this. Put them cut-side down on a well-greased gridiron and grill over a clear fire or under a gas or electric griller. Turn once or twice. They take from 6 to 8 minutes to cook. Fry the bacon and dish each kidney on one rasher. Cook the tomatoes, which should be as small as possible, for two or three minutes in the fat. *To Dish.*—Arrange each kidney on a slice of bacon on a hot entrée dish, fill the centre with Maître d'Hôtel butter, and garnish with the tomatoes.

KIDNEYS ON TOAST. *For 3 or 4 persons.*
(*Rognons sautés.*) *Time* 12 *to* 15 *minutes.*

4 kidneys; salt, pepper; toast; 1½ozs. of butter; squeeze of lemon juice; ½ oz. of flour; 1 gill of stock or gravy.

Skin the kidneys, cut them across, removing the core, then cut the kidneys into slices. Put the butter into a pan, add the flour and brown a little, then add the stock or gravy. Stir until boiling, put in the kidneys, season and add a squeeze of lemon juice. Simmer from 12 to 15 minutes, or until the kidneys are cooked. Have ready the required number of squares or rounds of hot buttered toast. *To Dish.*—Dish the kidneys on the toast and serve hot.

CHICKEN KROMESKIS. (PLATE 16) *For 5 or 6 persons.*
(*Kromeskis de Volaille.*) *Time*—15 *to* 20 *minutes.*

4 ozs. of cooked chicken; frying batter (page 63); 1 gill of white sauce (page 51); frying fat; salt, pepper; some streaky or fat bacon; 2 ozs. of ham or tongue.

Remove all skin and bone from the chicken and weigh, then mince it finely. Season highly and mix it with the white sauce. Make hot, stirring all the time, and then turn the mixture on to a plate to cool. When cold, shape it into small cork-shaped croquettes. Remove all rust and rind from the bacon, cut each rasher in half, and smooth them out with a knife as thinly as possible. Roll each croquette in a slice of bacon. Have ready some frying batter, either No. 1 or No. 2 (page 63). Dip each croquette in the batter and fry at once in hot fat until pale brown. Drain well on soft paper. *To Dish.*—Arrange the kromeskis neatly on a dish paper on a hot dish and garnish with fried parsley. Mince of any kind of cooked meat, poultry or game may be made into kromeskis in this way, but they are nearly always wrapped in bacon, or sometimes in very fine pancakes before dipping them in the batter. They should be fried in deep fat and well drained.

BEEF RISSOLES. *For 4 persons.*
(*Rissoles de Bœuf.*) *Time*—20 *minutes.*

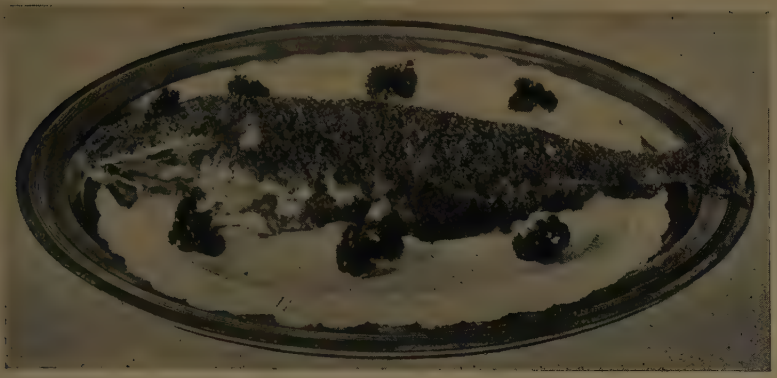
½ lb. of cooked beef of any kind, chopped finely; 1 teaspoonful each: chopped mixed herbs and parsley; ½ gill of sauce for binding rissoles (page 55); 1 oz. of cooked ham or tongue; 1 yolk of egg to bind; ½ lb. of short pastry (page 237); 2½ ozs. of breadcrumbs; salt, pepper; pinch of grated nutmeg; frying fat; parsley sprays.

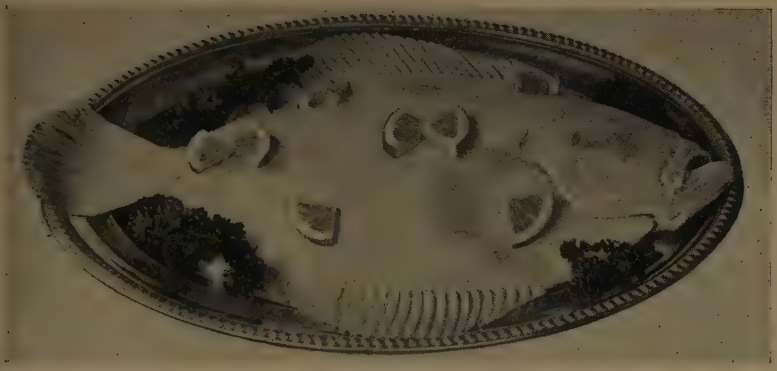
Put all these ingredients except the pastry into a pan and bind with the yolk of an egg; season well, make hot, then turn on to a plate to cool. Roll out the pastry as thinly as possible. Cut it into rounds with cutters, about 2½ to 3 inches in diameter. Put a little of the meat mixture into the centre of each, brush round the edges with water, double over and press the edges together. Brush over with the slightly beaten yolk of egg. Dip in breadcrumbs or crushed vermicelli and fry in a deep saucepan in hot fat. When a faint blue smoke begins to rise from the fat, put the rissoles in, then lower the heat under the pan, or the rissoles will become too brown before the pastry has time to cook properly. Drain on soft paper and pile on a paper d'oyley on a hot dish and garnish with fried parsley. Rissoles may be made with any of the croquette mixtures or any mixture liked enclosed in pastry cases in this manner. Smaller rissoles may be made for buffet refreshments.

MEAT SANDERS. *For 2 persons.*
(*Coquilles de Bœuf.*) *Time*—15 *minutes.*

4 ozs. of cooked beef or mutton; 1 small onion; pepper and salt; 1 tablespoonful milk or cream; 1 gill of gravy; mashed potatoes; parsley.

Free the meat from skin and fat and put it through a mincer, peel and mince the onion and add it to the meat. Season well and



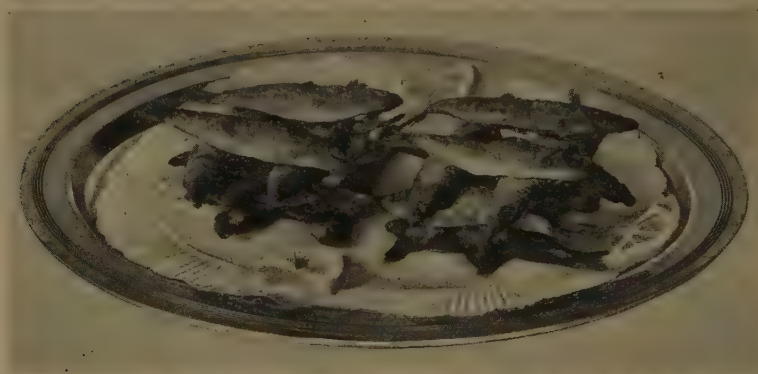




BAKED HADDOCK. (*See page* 103.) BOILED TURBOT. (*See page* 112.)
MACKEREL. (*See page* 106.)







DRESSED CRAB. (*See page* 113.) WHITEBAIT. (*See page* 112.)
SPRATS. (*See page* 111)

add the gravy, make hot. Put this mixture into greased scallop shells. Mash the potatoes with a little butter and cream or milk. Season and spread them over the scallops. Put the butter in small pieces here and there over the top and brown in the oven or under a griller. *To Dish.*—Dish on a lace paper on an entrée dish and garnish with parsley. This quantity will fill 2 ordinary sized scallop shells or 4 small ones. The onion should be parboiled before mincing it. Any kind of poultry or game mixed with a suitable sauce may be made into scallops in this manner.

TIMBALES OF GAME OR POULTRY. *For 4 or 5 persons.*
(*Timbales de Gibier ou de Volaille.*) *Time*—1 *hour.*

Remains of any cold cooked game or poultry; a grate of nutmeg; 2 sticks of celery; 1 oz. of butter; 1 finely peeled strip of lemon peel; gravy from the bones and trimmings; 1 sprig of thyme; ½ pint of water; salt, pepper; 2 tablespoonsful of cream; brown sauce (page 50); cut lemon.

Cut the meat from the bones of the game or poultry and remove the skin. Put the bones, skin and any trimmings into a pan with the water, celery, lemon peel and thyme. Add a little salt and pepper and simmer very slowly for about ½ to ¾ hour. Put the game or poultry through a mincer, pound it in a mortar, season with nutmeg, salt and pepper, and add about an ounce of butter. Pound well together, gradually adding 3 dessertspoonsful of the gravy made from the bones. Rub all through a sieve. Add the remainder of the gravy and 2 tablespoonsful of cream. Press this into small greased moulds, cover with greased paper and steam for 15 minutes. *To Dish.*—Turn the moulds out on to a hot dish and coat them with brown sauce. Garnish with cut lemon. *Note.*—Any kind of meat, tongue, ham, rabbit or sweetbread, or two kinds mixed, may be made into timbales in this manner.

MEAT ENTRÉES AND STEAKS.

BEEF.

FILLETS OF BEEF. (Plate 17).
(*Filets de Bœuf.*)

A fillet really is the undercut of the sirloin and is supposed to be the best cut of beef. It is often served whole, when it is called by the French "Entrecôtes," braised or roasted and generally larded; or it may be cut into small portions, which are called fillets, tournedos, filets mignons, médaillons, according to the size and thickness of the fillets. Chateaubriand steak is generally cut from the thickest part of the undercut of the sirloin and is served in various entrées which take their name from the garnish and sauce used. Small fillets or steaks of beef may also be cut from rump steak.

Mashed potatoes, potato straws or pommes soufflées may be handed with any of these dishes.

FILLETS OF BEEF A L'AMÉRICAINE.

For 6 persons.

(*Filets de Bœuf à l' Américaine.*) *Time—15 minutes.*

2½ lbs. of fillet of beef; mashed potatoes; 2 ozs. dripping; 3 bananas; Bread-crumbs; ½ pint of Espagnole sauce (page 50); 1 egg; 1 oz. of Maître d'Hôtel butter (page 62).

Remove all fat, skin and gristle from the beef and cut it into small fillets. Cook these in the dripping for 8 to 10 minutes, turning often. Dish in a line on a bed of mashed potatoes. Cut the bananas into quarters, brush over with beaten egg, dip in bread-crumbs and fry in the dripping in which the fillets were cooked. Drain and use as a garnish to the fillets of beef. Pour round a little Espagnole sauce and put a small pat of Maître d'Hôtel butter on each fillet.

FILLETS OF STEAK A LA CHATEAUBRIAND.

(*Filets de Bœuf à la Châteaubriand.*) *For 4 or 5 persons.*

Time—15 to 20 minutes.

2 fillets of sirloin steak; salad oil; potatoes; salt; pepper; 2 ozs. of Maître d'Hôtel butter (page 62).

Cut two large fillets about 1¾ inches thick from the thickest part of the undercut of the sirloin. Remove all sinewy parts and trim neatly. Sprinkle with salt and pepper. Brush them over with salad oil, put them on a greased gridiron and grill for about 15 to 20 minutes, turning once. Serve neatly on a hot dish and garnish with potatoes cut in the shape of filberts and fried in butter. Put a pat of Maître d'Hôtel butter on each fillet and serve at once.

VARIOUS GARNISHES FOR GRILLED CHATEAUBRIAND.

Baked stuffed tomatoes and Espagnole sauce (pages 226 and 50).

Artichoke bottoms filled with green peas, asparagus points, or braised and glazed chestnuts, with demi-glac sauce (pages 207 and 52).

Quarters of fried sausage and tomato sauce (page 53).

Cooked mushrooms with demi-glace or mushroom sauce (page 52).

Glazed carrots and button onions with any good brown sauce (page 50).

FILLETS OF BEEF A LA ST. AUBYN.

For 4 or 5 persons.

(*Filets de Bœuf à la St. Aubyn.*) *Time—8 to 10 minutes.*

Undercut of a sirloin; salt, pepper; ½ pint of brown or tomato sauce (pages 50 and 53); 1 gill of salad oil; potatoes; 2 ozs. of Maître d'Hôtel butter (page 62); 3 ozs. of butter or margarine; frying fat.

Beat the meat with a cutlet bat, cut it into slices ¾ inch thick, and cut these into rounds with a cutter from 2½ to 3 inches in diameter, sprinkle them with salt and pepper, and soak them in the oil for 10 minutes. Drain and wipe dry. Melt the butter or mar-

garine in a frying pan, and fry the fillets from 8 to 10 minutes, turning often. Peel the potatoes, cut them into slices about ¼ inch thick, and cut these into bars. Fry them in very hot deep fat, drain well and sprinkle them with salt and pepper. *To Dish.*—Arrange the potatoes lattice fashion on a hot dish, place a fillet on each group of potatoes, put a small pat of Maître d'Hôtel butter on the top of each fillet and garnish with watercress. Hand brown or tomato sauce.

FILLETS OF BEEF A LA POMPADOUR.

For 4 or 5 persons.

(*Filets de Bœuf à la Pompadour.*) *Time*—10 *minutes.*

1½ lbs. of fillet of beef; 1 oz. of Maître d'Hôtel butter (page 62); 2 tomatoes; mashed potatoes; glaze; horseradish; 2 ozs. of dripping or butter; salt, pepper; ½ pint of demi-glace sauce (page 52).

Cut about 6 or 8 fillets from the beef and sprinkle with salt and pepper, and grill or fry for about 8 minutes in the dripping. Drain, brush over with glaze, and keep hot. Cut the tomatoes into slices, put them on a greased tin and bake in a moderate oven for about 8 minutes. Arrange a thin line of mashed potatoes on a hot dish and place the fillets of beef with a slice of tomato between each on this, leaning up against each other. Put a small pat of Maître d'Hôtel butter on each fillet, pour round the demi-glace sauce and garnish with finely grated horseradish.

FILLETS OF BEEF A LA VIENNOISE.

For 4 or 5 persons.

(*Filets de Bœuf à la Viennoise.*) *Time*—10 *to* 15 *minutes.*

1 lb. of lean beef; 1 teaspoonful of chopped parsley; grate of nutmeg; 2 ozs. of butter or dripping; 1 oz. of flour; ½ pint of brown or demi-glace sauce (pages 50 and 52); 1 teaspoonful of mixed herbs; 1 egg; salt, pepper; 1 croûte of fried bread.

Remove all fat, skin and sinew from the meat. Cut it into small pieces, then pass twice through a mincer. Mix it with the parsley and herbs. Season well, add the nutmeg, beat up the egg and add, using the yolk of a second egg if too dry. Work these into round cakes about the size of fillets with the help of a little flour to keep them from sticking to the board or hands. Coat the fillets with flour. Melt the dripping in a pan, put in the fillets and fry them for about 10 minutes, turning often. Drain well and dish them on a croûte of fried bread or on a bed of mashed potatoes, leaning up against each other. Decorate with little sprays of parsley, pour the sauce round and serve. *Note.*—If liked, these may be decorated with fried onion rings. To make these, the onions are sliced and the rings carefully divided. Dip them in flour, then in the beaten white of egg, then back into the flour and fry in drip

ping or butter until golden brown. Drain well and arrange over the fillets.

OX TAIL, STEWED.

For 6 to 8 persons.

(*Queues de Bœuf étuvées.*) *Time—2½ to 3 hours.*

2 small ox tails; 2 small onions; 2 large carrots; 1 oz. of flour; ½ teaspoonful of pepper; a large bunch of parsley; salt; cayenne; 8 cloves; 1 oz. of butter.

Wash and trim the ox tails and divide them into pieces, put them into a stewpan, and cover them with water. Bring to the boil, skim, add the peeled onions, stuck with cloves, the washed, peeled and sliced carrots, the parsley, salt and pepper. Simmer gently until the tails are tender, which will take from 2½ to 3 hours. Lift out the pieces of tail, put them into a hot entrée dish, add the butter, rolled in the flour, to the gravy bit by bit, stirring each piece in before adding the next. Season and pour over the ox tail. *Note.*—A richer dish may be made by adding a few peeled and sliced mushrooms, a bunch of herbs, and a tablespoonful of sherry to the stew. Serve in an entrée dish and garnish with croûtons of fried bread.

PORTERHOUSE STEAK.

For 4 persons.

(*Entrecôte à la Porterhouse.*) *Time—18 minutes.*

2 sirloin steaks; 2 ozs. of butter or margarine; salad oil; 6 tomatoes; salt, pepper.

Cut 2 steaks about an inch thick from the sirloin. Each steak should have the undercut left but should be cut from the chine bone portion. The steak should look like a large chop. Trim these and flatten them with a cutlet bat. Sprinkle with salt and pepper, brush over with oiled butter or salad oil, and grill over a brisk fire, turning several times. They take about 15 to 18 minutes to grill and should be rather underdone. Cut the tomatoes in halves across, melt the butter in a pan and put the tomatoes skin side down in this and cook gently for about 5 minutes. When the steaks are cooked, serve them neatly on a hot entrée dish and place the tomatoes round. Sprinkle the steaks with salt and pepper. *Note.*—Porterhouse steaks may be larded with larding bacon before grilling (page 70), and they can be served also with grilled mushrooms in place of the tomatoes. The steak may be baked after larding it, and is served with gravy and garnished with cooked vegetables.

TOURNEDOS OF BEEF WITH CHESTNUT PURÉE.

For 8 to 10 persons.

(*Tournedos de Bœuf aux Marrons.*) *Time—About 10 minutes.*

3 lbs. of fillet of beef; Italian sauce (page 52); 4 ozs. of clarified dripping; salt, pepper; chestnut purée (page 233).

Cut the beef into neat rounds about 3 inches in diameter and ¾ inch thick. Flatten them with a cutlet bat, and sprinkle with

salt and pepper. Melt the dripping in a pan, and when hot, put in the fillets and cook for about 8 minutes, turning 2 or 3 times. Drain well and glaze. Arrange a thin ring of chestnut purée on a hot entrée dish and put the tournedos on this in a circle leaning up against each other. Fill the centre with the remainder of the chestnut purée and strain the sauce round.

LAMB.

TO TRIM CUTLETS. (PLATE 17).

Cutlets are always taken from the best end of the neck or loin of mutton or lamb. They are expensive to buy ready cut at the butchers, but can be quite easily trimmed at home. The meat on the loin being larger, it is more generally used for chops, navarins and noisettes.

To trim the cutlets at home, the butcher should be asked to saw off the chine bone so that the cutlets can be easily divided. With a very sharp knife, divide the cutlets, allowing a bone to each. Sometimes, if very big, it is possible to take 2 cutlets from 1 bone, in which case one would be without bone. Trim off the fat, leaving only a very narrow rim round the meat and scrape the bone perfectly clean for about an inch. Remove the skin as far as possible from the inner side of the bone. Should the bones be found too long, chop a piece off each, but keep the cutlets as much the same size as possible. Beat them out a little with a rolling pin or a cutlet bat. Any fat removed from the cutlets can be used for clarifying, and any trimmings of meat may be used for mince or some such dish.

LAMB CUTLETS WITH ASPARAGUS.

For 5 or 6 persons.
(*Côtelettes d'Agneau aux Asperges.*) *Time 10 to 15 minutes.*

6 lamb cutlets; a squeeze of lemon juice; ½ pint of brown sauce (page 50); 1 gill of cooked asparagus points; salt, pepper, salad oil or oiled butter; mashed potatoes.

Prepare and trim the cutlets as directed above. Sprinkle with salt and pepper. Dip them in salad oil or oiled butter, and grill either over a clear fire or under a gas griller, turning often. They take about 10 minutes to grill. *To Dish.*—Arrange the potatoes in two lines on a hot dish and put the cutlets on these, leaning up against each other, with the bones all turning one way. Place a paper frill on each cutlet and garnish the dish with small heaps of asparagus points. Pour round some good brown sauce to which a few drops of lemon juice have been added. Mutton cutlets may be cooked in the same manner.

LAMB CUTLETS EN PAPILLOTES. *For 7 or 8 persons.*
(*Côtelettes d'Agneau en papillotes.*) *Time*—25 *minutes.*

8 lamb cutlets; 1 dessertspoonful each of chopped parsley and chopped mushrooms; 4 ozs. of cooked ham; salt, pepper; 1 oz. of margarine; 1 shallot or a very small onion; piquant or good brown or tomato sauce (pages 50 and 53).

Trim the cutlets neatly according to the directions on page 131. Chop the shallot finely and mince the ham. Melt the margarine in a pan, add the shallot, and fry for a few minutes. Then add the mushrooms and cook for 5 or 6 minutes. Add the ham, parsley and seasoning. Mix well and cool. Have ready some sheets of strong white notepaper large enough to hold each cutlet. Brush the paper over with salad oil or melted dripping or margarine. Coat the cutlets on each side with the ham mixture and lay one on each piece of paper. Fold the paper over and turn up the edges firmly. Put on a greased baking tin and bake in a moderate oven for ½ hour. Serve in the papers on a hot dish and hand a good brown or tomato sauce.

LAMB FILLETS. *For 7 or 8 persons.*
(*Noisettes d'Agneau.*) *Time*—15 *to* 20 *minutes.*

8 loin chops; 1 teaspoonful of chopped parsley; ½ lemon; salt, pepper; ½ lb. of small mushrooms or 6 bottled mushrooms; 8 artichoke bottoms; ½ teaspoonful of chopped shallots; demi-glace sauce (page 52); glaze (page 47); 1 gill of stock; 4 leaves of tarragon, finely chopped; 2 ozs. of dripping.

Remove the meat in one piece from each bone and trim it into a fillet, taking off all superfluous fat. Melt the dripping in a pan and cook the noisettes in it, turning them often. Sprinkle with salt and pepper. Warm the artichoke bottoms in the stock. Wash, peel and chop the mushrooms and shallot and cook them in the dripping in which the noisettes were cooked; drain off the fat and add a squeeze of lemon juice, a spoonful of glaze or meat extract, the parsley and the tarragon. Season and make hot. Fill the artichoke bottoms with this mixture. *To Dish.*—Arrange the noisettes flat in a line down the centre of a hot dish. Place a stuffed artichoke on the top of each and pour round the demi-glace sauce.

SWEETBREADS.

Either lambs' or calves' sweetbreads may be used. They are very delicate and easily digested, so are much used for invalids. There are two kinds of sweetbread, called the heart and the throat, the former being considered the better. The throat sweetbread is longer in shape and is more used for dishes where the sweetbread is minced in some manner. The heart sweetbread is firmer in texture and whiter in colour and should be chosen for dishes where the sweetbread is to be used whole.

Sweetbreads should always be used very fresh, and the preliminary preparation must be undertaken directly they arrive from the butcher.

To Prepare.—Wash the sweetbreads, then soak them in cold water for 1 hour. Rinse and blanch by putting them into a saucepan with water to cover ; add a few drops of lemon juice to whiten them, bring slowly to the boil, cook gently for about 5 minutes, drain, put the sweetbreads into a basin of cold water and take away all the fat, veins and any membranes there may be, but do not destroy the shape. Put them between two dishes with a light weight on the top. Press until cold. They may then be used as desired.

SWEETBREADS A LA POULETTE. *For 3 or 4 persons.*
(*Ris d'Agneau à la Poulette.*) *Time—20 to 30 minutes.*

3 or 4 sweetbreads; 2 eggs; 1 oz. of flour; grate of nutmeg; ½ pint of white stock (page 30); salt, pepper; ½ gill of cream; mashed potatoes; 1 blade of mace; 1 oz. of butter; 1 dessertspoonful of chopped parsley; green peas.

Prepare the sweetbreads according to the directions above Melt the butter in a pan, add the flour and blend well, then add the stock. Stir until boiling, add the sweetbreads and mace, salt and pepper, and simmer for about 20 minutes or ½ hour. Remove the sweetbreads and keep hot. Draw the pan to the side of the fire. Beat up the yolks of the eggs with the cream and stir them into the sauce, then add the parsley and grated nutmeg. Whisk over very low heat until the sauce thickens, but on no account let it boil after the eggs are added. *To Dish.*—Arrange the sweetbreads on a thin line of mashed potatoes on a hot entrée dish. Pour the sauce over and round. Garnish with little heaps of green peas cooked separately.

MUTTON.

GRILLED CUTLETS AU NATUREL. *For 5 or 6 persons.*
(*Côtelettes de Mouton Grillées.*) *Time—8 to 10 minutes.*

5 or 6 mutton cutlets; breadcrumbs; margarine; watercress; salt, pepper; mashed potatoes. (PLATE 16).

Trim the cutlets as directed on page 131. Melt the margarine and brush the cutlets on both sides with it. Sprinkle them with salt and pepper, then coat with breadcrumbs. Heat and grease a gridiron and grill the cutlets over a clear red fire or under gas, turning once or twice. Put a thin line of mashed potatoes on a hot dish and arrange the cutlets in a line leaning up against each other on this. See that the bones all turn one way and put a cutlet frill on each. Garnish with watercress. Cutlets grilled in this manner may be served with small stuffed tomatoes, stuffed cucumbers, green peas, halves of hard-boiled whites of eggs filled with peas or some savoury mixture. Tomato, brown, or any sauce liked may be handed. The cutlets may be dished upon a purée of green peas or dressed macaroni or spaghetti with a little sauce poured round. The name of the dish is usually taken from the garnish or accompaniments. The cutlets are sometimes dressed leaning against a mound of mashed potatoes

MUTTON CUTLETS A LA MILANAISE.

(*Côtelettes de Mouton à la Milanaise.*) *For 5 or 6 persons.*
Time—10 to 15 minutes.

6 mutton cutlets; 1 oz. of butter or margarine; 3 ozs. of macaroni cooked with tomatoes (see Risotto page 231); breadcrumbs; tomato sauce (page 53); 2 ozs. of grated cheese.

Trim the cutlets as directed on page 131. Brush them over with melted butter or margarine, dip them in breadcrumbs and grill them. Cook some macaroni with tomatoes and a few mushrooms if desired, and when cooked, arrange it in a pyramid on a hot dish. Sprinkle with the cheese. Dish the cutlets leaning up against this, with the bones all turning the same way, and put a frill on each. Pour round tomato sauce. Veal and lamb cutlets may be cooked in the same manner.

NOISETTES OF MUTTON A L'ESPAGNOLE.

(*Noisettes de Mouton à l'Espagnole.*) *For 7 or 8 persons.*
Time—10 to 15 minutes to cook.

A noisette is the meat taken from the cutlet all in one piece which makes a small fillet, and is cooked in various ways.

8 cutlets from the best end of the neck or loin of mutton; 1 shallot; 1 oz. of chopped ham; about 2 ozs. of dripping; 4 tomatoes; 2 tablespoonsful of salad oil; 1 bay leaf; salt, pepper; 1 egg; breadcrumbs; 2 teaspoonsful of chopped parsley; 1 tablespoonful of vinegar; ½ pint of Espagnole sauce (page 50); mashed potatoes or creamed spinach.

From each cutlet cut the meat from the bone in one piece, making 8 noisettes. Mix the oil, vinegar, chopped shallot, bay leaf and parsley in a deep dish, add salt and pepper, put the noisettes into this, turn them over frequently until well coated with the mixture and leave them for 5 or 6 hours. Wipe them on a cloth gently, dip in breadcrumbs, brush over with beaten egg and again dip in bread crumbs. Wipe the tomatoes and remove the stalks; cut them in halves, remove the seeds gently from the inside. Mix the ham with a little of the Espagnole sauce and fill the tomatoes with the mixture. Place them on a greased baking tin and bake in a moderate oven for about 5 or 10 minutes. Put the dripping in a pan, and when hot, put in the noisettes. As soon as they are brown on one side, turn and brown on the other. Then lower the heat under the pan and again cook very gently for 10 to 15 minutes. When cooked, drain and arrange them in a row on a hot dish on a thin line of mashed potatoes or creamed spinach. Pour round the Espagnole sauce and garnish with the halves of tomatoes.

SHEEP'S TONGUES, STEWED.

(*Ragoût de Langues de Mouton.*) *For 4 or 5 persons.*
Time—1 to 2¼ hours.

4 sheep's tongues; 1 shallot; 1 oz. flour; some good stock; 4 mushrooms; 1 oz. butter; 1 teaspoonful of chopped parsley; pepper, salt; croûtons of fried bread.

Sheep's tongues may be bought uncooked or partially cooked. If uncooked, they should be soaked for 3 hours in cold water and

then rinsed. Put them into a pan and cover with good stock. Bring to the boil and simmer gently for about 2 hours. If the tongues, have been partly cooked, they will only require washing and will cook in the stock in about ¾ hour. When tender, remove the tongues take off the skins and cut them in two, or in three, lengthways. Melt the butter in a pan, add the flour and stir until brown, then add about a pint of the liquor in which the tongues were stewed. Stir until boiling, add the chopped mushrooms and shallot and the parsley. Season and put in the slices of tongue, and simmer for 10 minutes. *To Dish.*—Arrange the slices of tongue neatly on a hot entrée dish and pour the gravy over. Garnish with croûtons of fried bread. If liked, the tongues can be served in the centre of a border of mashed potatoes, cooked spinach or cooked macaroni.

PORK.

PORK CUTLETS WITH SAUCE ROBERT.

For 5 or 6 persons.

(*Côtelettes de Porc au Sauce Robert.*)

Time—15 *to* 20 *minutes to fry the cutlets.*
10 *minutes for the sauce.*

3 or 4 lbs. loin of pork; 1 onion; 2 shallots; 1 egg; 1 teaspoonful of chopped herbs; a glass of white wine; a bunch of sweet herbs; 2 bay leaves; 2 ozs. of breadcrumbs; a wineglassful of vinegar; a pinch each of powdered allspice and mace; sauce Robert (page 53).

Remove the skin from a loin of pork, and divide the loin into cutlets. Trim the cutlets and put them into a shallow dish. Then prepare the following sauce :—Put the wine, vinegar, herbs, minced onions and shallots, bay leaves and spices into a pan, boil up, then let the contents of the pan get cold. When quite cold, pour this marinade over the cutlets; turn them frequently, and let them remain in the liquid all night. When required for dinner, lift the cutlets out of the marinade, dry them, brush them over with the yolk of an egg, dip in breadcrumbs mixed with the herbs. Broil them over a clear fire. *To Dish.*—Arrange the cutlets in lines on a hot dish and pour Sauce Robert (page 53) round.

HAM SOUFFLÉ.

For 4 or 5 persons.

(*Soufflé de Jambon.*)

Time—1 *hour.*

½ lb. of cooked ham; 1 gill of milk; a pinch of grated nutmeg; 2 ozs. of butter; 3 eggs; 1 oz. of flour; salt, pepper; white sauce (page 51); parsley or chervil.

Having removed the fat put the ham through a mincer. Pound it in a mortar; melt the butter in a pan, stir in the flour and cook for a few minutes without browning. Add the milk gradually, then stir with a wooden spoon very fast until the mixture leaves the sides of the pan. Cool a little, then add it to the ham and pound well. Add the seasoning and nutmeg and the yolks of the eggs one

by one. If too dry, add about ¼ gill of milk. Pound all well together, then rub through a sieve. If too stiff, add about a tablespoonful of white or brown sauce. Stir in the whites of the eggs beaten to a stiff froth, add more seasoning if necessary and put the mixture into a greased soufflé tin, round which a band of greased paper has been tied (see page 140). Place on a stand or trivet in a pan of boiling water, with the water reaching half way up the tin, cover it with greased paper and steam very gently for about 1 hour. When firm on the top and well risen, remove the paper, turn out on to a hot dish and pour over a good white sauce. Decorate with small sprays of parsley or chervil. Any kind of mixture may be made into a soufflé in this manner, and if liked, a little cooked chopped truffle or mushroom may be pounded with the mixture. The tin may be decorated with fancy shapes of cooked ham, truffle, hard-boiled white of egg or chilli skins, or a row of cooked green peas may be placed round the edge before putting in the soufflé.

VEAL.

BLANQUETTES OF VEAL.

(Blanquettes de Veau.)

For 4 or 5 persons.
Time—1 *hour* 40 *mins.*

2 lbs. of lean veal; 1 oz. of flour; yolks of 2 eggs; 1 teaspoonful of lemon juice; a bunch of herbs; ¾ pint of white stock; or milk and water; salt, pepper; 2 ozs. of butter or dripping; ¼ gill of milk.

The breast or any fleshy piece of veal may be used for this dish. Cut it into rounds about ¼ inch thick and 2½ inches in diameter. Sprinkle with salt and pepper. Blanch by pouring on boiling water and steeping for ½ hour, drain and dry. Melt the butter or clarified fat in a pan, add the veal and cook for 5 or 6 minutes without browning, turning once or twice. Remove the veal and add the flour. Stir for 2 or 3 minutes over the fire, then add the stock. Stir until boiling, season, add the bunch of herbs and return the meat to the pan. Cover and simmer very gently for 1 hour. Draw the pan to one side of the fire; beat up the yolks of the eggs with the milk and stir them into the pan. Replace the pan on the fire and stir until the eggs thicken, but do not let them boil or they may curdle. Season and add the lemon juice. *To Dish.*—Dish the veal neatly on a hot dish and pour the sauce over.

VEAL CUTLETS.

(Côtelettes de Veau.)

For 4 or 5 persons.
Time—15 *to* 20 *minutes.*

2 lbs. of cutlets from the best end of the neck of veal; salt, cayenne; 1 egg; ½ pint of Espagnole sauce (page 50); 4 ozs. of bacon or ham; grated peel of ½ lemon; breadcrumbs; 1 tablespoonful of minced herbs; a pinch of grated nutmeg; 3 ozs. of dripping; mashed potatoes.

Divide the neck into cutlets and cut the meat carefully from the bone, keeping its shape as much as possible. Should one chop be

very thick, divide it in half. Mix the breadcrumbs with the herbs, lemon peel, seasoning and nutmeg. Brush over the cutlets with beaten egg, dip in seasoned breadcrumbs. Melt the dripping in a pan, and when hot, put in the cutlets and fry brown each side. Cook until tender, 10 to 15 minutes, turning often. Cut the bacon or ham into very thin slices, as much the same size as the cutlets as possible. Roll them, put them on a skewer, and bake in a moderate oven or brown them under a griller. *To Dish.*—Arrange the cutlets in two lines on a bed of mashed potatoes and garnish with the rolls of bacon. Pour round the Espagnole sauce and serve hot.

VEAL CUTLETS A LA MILANAISE. *For 3 or 4 persons.*
(*Côtelettes de Veau à la Milanaise.*) *Time—¾ hour.*

1½ lbs. of fleshy veal; 2 shallots; 1 tablespoonful of tomato sauce (page 53); 4 ozs. of macaroni; 4 ozs. of dripping.

Remove the fat and skin from the veal cut it into rounds about ¼ in. thick and 3 ins. in diameter. Peel and slice the shallots, melt the dripping in a pan, and when hot, add the shallots and the veal cutlets. Brown one side, then turn and brown the other. Draw the pan to the side of the fire, cover and simmer very gently for ½ hour. Remove the cutlets and add the tomato sauce to the gravy, in the pan. Boil until reduced by half. Return the cutlets to the pan and simmer for 15 minutes. Boil and strain the macaroni, drain and cut it into short lengths. *To Dish.*—Dish the macaroni in a thick line on a hot dish, and arrange the cutlets in two lines on the macaroni. Pour the sauce round. *Note.*—If liked, the cutlets may be arranged in a circle on a dish on a small bed of macaroni. Fill the centre with the remainder of the macaroni, and pour the sauce round. Spaghetti may replace macaroni, and either may be mixed with tomato sauce if desired.

VEAL OLIVES. (PLATE 18). *For 5 or 6 persons.*
(*Paupiettes de Veau.*) *Time—1 hour.*

1½ lbs of fillet of veal; salt, pepper; mashed potatoes; 4 ozs. of fat bacon; 1 shallot; cayenne; 1½ ozs. of butter; 4 ozs. of veal forcemeat (page 65); ½ pint of brown sauce or gravy (page 50); chopped parsley.

Cut the veal into slices about 3 or 4 inches long and 2 inches wide. Cut the bacon into very thin slices and put a small slice on each slice of veal. On this spread a layer of forcemeat and a pinch of the shallot, which should be minced as finely as possible. Sprinkle with salt, pepper and cayenne. Roll up the slices and tie with tape or string. Melt the butter in a pan, put in the veal olives and brown them all over. Add about ½ pint of brown sauce or gravy and simmer very gently for about 1 hour, or until the olives are quite tender. Remove the string. *To Dish.*—Dish the olives in two lines on a bed of mashed potatoes. Skim all fat from the sauce and pour it round the dish. Sprinkle chopped parsley in a line down each

olive. A few chopped oysters may be spread over the forcemeat and the olives may be stewed in brown oyster sauce (page 57), if preferred. Garnish with fancy shapes of cooked carrots and turnips. *Note.*—Beef or chicken olives may be made in the same way.

RAGOÛT OF SWEETBREADS.

(Ragoût de Ris de Veau.)

For 4 or 5 persons.
Time—40 *minutes.*

2 calves' sweetbreads; 1 teaspoonful of chopped parsley; 1 tablespoonful of mushroom ketchup; about 4 ozs. of veal forcemeat (page 65); 1 egg; 1 teaspoonful of finely chopped thyme and marjoram mixed; breadcrumbs; salt, pepper; ¾ pint of brown gravy; 1 lemon; veal caul.

Prepare the sweetbreads as directed on page 133. Mix the parsley and herbs with the breadcrumbs, salt and pepper. When the sweetbreads are pressed, brush them over with the beaten egg and dip them in the seasoned breadcrumbs. Shape the forcemeat as much like the sweetbreads as possible and wrap it in a small piece of veal caul. Put the sweetbreads and the forcemeat on to a greased baking tin and bake in a moderate oven for 30 to 40 minutes. Make the gravy hot, add the mushroom ketchup and a squeeze of lemon juice to it. *To Dish.*—Place the forcemeat in the centre of a hot dish with the sweetbreads on each side leaning up against it. Pour the gravy round and garnish with slices of cut lemon. *Note.*—The caul should be removed from the forcemeat before dishing it.

FRICASSÉE OF SWEETBREADS.

(Fricassée de Ris de Veau.)

For 4 or 5 persons.
Time—35 *minutes.*

2 calves' sweetbreads; 1 oz. of flour; pepper, salt; 1 lemon; 1½ pints of veal stock; nutmeg; 1 gill of milk or cream; 1 oz. of butter; 1 teaspoonful of mushroom powder.

Prepare the sweetbreads as directed on page 133, and cut them into slices. Melt the butter in a saucepan, add the flour and blend well, but do not let it brown. Add the stock and stir until boiling. Add the mushroom powder, pepper, grated nutmeg and the grated peel of ½ a lemon and the milk or cream. Stir until boiling, then simmer very gently for 10 to 12 minutes. Put in the slices of sweetbreads and simmer all for 20 minutes longer. *To Dish.*—Place, on a silver entrée dish and garnish with slices of lemon. If liked this may be cooked and served in a casserole.

POULTRY.

CHICKEN A LA BOURGEOISE.

(Poulet à la Bourgeoise.)

For 5 or 6 persons.
Time—45 *minutes.*

1 chicken or fowl; 4 ozs. of dripping; 1½ pints of stock; ½ lb. of mushrooms; 1 onion; salt, pepper; 4 tomatoes; 1 tablespoonful of chopped parsley; 1 carrot; 2 tablespoonsful of flour.

Cut up the chicken, peel and shred the carrot and onion, melt the dripping in a pan, add the carrot and onion, and fry for 5 minutes,

stirring with a wooden spoon. Add the pieces of chicken, salt and pepper, and fry for another 5 minutes, stirring all the time. Stir in the flour and cook for 3 minutes more, then gradually add the stock. Stir until boiling, add the tomatoes cut in quarters and simmer for 20 minutes with the lid on the pan. Peel, trim and wash the mushrooms, dry and then add them to the contents of the pan with the parsley. Simmer for another 10 minutes or until the mushrooms are cooked. Season well. *To Dish.*—Set the chicken neatly in the centre of a hot dish, pour the sauce over and garnish with the mushrooms.

ENTRÉE OF CHICKEN LEGS.

For 4 persons.
(*Cuisses de Volaille.*) *Time—About 50 minutes.*

4 chicken legs; a bunch of herbs; 1 shallot; 4 slices of streaky bacon; salt, pepper; ½ pint of stock; 1 small carrot; 1 tablespoonful of sherry; brown sauce.

Bone the legs, leaving on a small piece of the drumstick. Trim the bacon and put this at the bottom of a stewpan. Add the bunch of herbs, the sliced shallot and carrot, place the chicken legs on the top, pour round the stock and sherry, cover with buttered paper, and put the pan into a fairly hot oven and cook until the legs are quite tender. Press the cooked chicken legs under a weight. When cold wrap each leg round with a slice of the bacon, sprinkle with salt and pepper, and place each on a piece of greased white note-paper large enough to completely enclose them. Fold the paper over and turn up the edges well. Place them on a greased baking tin and bake for about 15 minutes. *To Dish.*—Dish in the papers and hand a good brown sauce made from the liquor left over from the chicken when braised.

FRICASSÉE OF CHICKEN.

For 5 or 6 persons.
(*Fricassée de Volaille.*) *Time—1 hour 35 minutes.*

1 large fowl or 2 chickens; 1 clove; a good spray of parsley; 2 ozs. of butter or margarine; ½ blade of mace; 1 onion; 1 gill of milk; yolk of 1 egg; 1 bay leaf, salt, pepper; 1 oz. of flour.

Draw, wash and singe the birds. Take off the skin and divide into joints. Blanch these in boiling water for 2 or 3 minutes, then drain and rinse in cold water. Put the bones, trimmings and giblets of the fowls into the water in which the joints were blanched. Add the parsley, clove, mace, peeled onion, bay leaf, salt and pepper, and simmer gently from ¾ to 1 hour. Melt the butter or margarine in a pan, add the flour and blend well, then strain in ½ pint of the stock from the bones. Stir until boiling, put in the pieces of fowl, and simmer for ½ hour. *To Dish.*—Remove the pieces of chicken and dish them in a line on a hot dish and keep hot. Beat up the yolk of the egg, mix it with the milk and stir it into the sauce. Make hot, season and pour over the fowl. Garnish with a little parsley.

GRILLED FOWL OR SPATCHCOCK.

(*Poulet grillé.*)

For 2 *or* 3 *persons.*
Time—25 *minutes.*

1 young fowl; watercress; breadcrumbs; 3 ozs. of melted butter or salad oil; salt, pepper; 1 lemon; 1 croûte of fried bread; brown or tomato sauce (pages 50 and 53).

A very young and tender bird must be chosen for this. Draw, singe and cut open through the back without cutting it right through. Flatten it, cut off the feet and third joint of the wings. Wipe it with a damp cloth and then dry it. Sprinkle with salt, pepper and a little lemon juice and skewer it open, so that it lies flat. Brush over both sides with the oiled butter or salad oil and sprinkle with breadcrumbs. Grill over a clear fire or under a gas griller for 20 to 25 minutes, turning often. If it becomes too dry, brush over a little more butter. *To Dish.*—Serve very hot on a good-sized croûte of fried bread. Garnish with watercress and cut lemon, and hand brown or tomato sauce. Any young game bird can be cooked in this manner, but it is not a suitable way of cooking old birds.

SOUFFLÉ OF CHICKEN.

(*Soufflé de volaille.*)

For 3 *or* 4 *persons.*
Time ½ hour.

The legs of a chicken; 1 dessertspoonful of chopped parsley; ¼ pint white sauce (page 51); 3 eggs; salt, pepper; ½ teaspoonful of chopped sweet herbs; Béchamel or Velouté sauce (pages 50 and 51).

Take the meat from the legs of the chicken, remove the sinews and put the meat through a mincing machine twice. Have ready the white sauce and add the chicken mince, parsley and herbs. Season well and stir over the fire until the mixture boils. Draw the pan to the side of the fire, beat up the yolks of the eggs and add. Whip the whites of the eggs to a stiff froth and stir lightly to the mixture. Grease a china soufflé mould, tie a band of buttered paper round it, reaching 2 or 3 inches above the top, and put in the chicken mixture, place the mould on a baking tin and bake in a quick oven from 20 to 30 minutes or until well risen and firm on the top. Remove the paper. *To Dish.*—Place the soufflé mould on a lace paper or an entrée dish and serve immediately. Hand Béchamel or Velouté sauce. Veal or rabbit soufflé may be made in the same manner, using 1 lb. of rabbit or veal.

GRILLED DUCKLING.

(*Caneton grillé.*)

For 4 *persons.*
Time—20 *to* 30 *minutes.*

1 duckling; 2 ozs. of butter; ½ pint of orange sauce (page 55); salt, pepper; watercress; croûte of fried bread.

Pluck, draw and singe a young duckling, cut it down the back, open it out and flatten it well, placing a skewer through it to keep it flat. Sprinkle with salt and pepper and a little melted butter,

put it on a baking tin and bake in the oven for about 10 minutes. Remove it from the oven and again sprinkle it with melted butter and grill, turning two or three times, for another 8 to 10 minutes, or until the duckling is cooked. Cut it into four joints. *To Dish.*—Dish the duckling on a large croûte of fried bread. Pour round orange sauce and garnish with a little watercress. Hand potato straws.

DUCK A L'ITALIENNE. *For 4 or 5 persons.*
(*Canard à l'Italienne.*) *Time*—40 *minutes.*

1 duck; a bunch of herbs; 1 gill of salad oil; 1 pint of Italian sauce (page 52); 1 teaspoonful of chopped chives; parsley.

Half roast the duck, then cut it into neat joints. Put the salad oil into a pan and make it hot. Add the joints of duck and fry. Make a pint of Italian sauce, add the chives and herbs, drain the duck from the oil and add it to the sauce, and stew gently for about 20 minutes. *To Dish.*—Arrange the joints of duck neatly in a hot entrée dish, and strain the sauce over and round. Garnish with parsley.

SALMI OF DUCK. (PLATE 20). *For 4 persons.*
(*Salmi de Canard.*) *Time*—1 *hour.*

1 duck; 1 oz. of flour; 1 shallot; 6 ozs. of bacon; 3 gills of stock; salt, pepper; 2 ozs. of dripping; a bunch of herbs; croûte of fried bread.

Truss the duck for roasting, cut half the bacon into dice, peel and slice the shallot; put the cut-up bacon into a baking tin with 1 oz. of the dripping, and cook in a moderate oven until crisp; add the shallot, place the duck on the top, sprinkle with salt and pepper and cook gently for 20 minutes in a moderate oven. Untruss the duck, and cut it into neat joints. Melt the remainder of the dripping in a pan, add the flour and brown, then gradually stir in the stock, bring to the boil, skim. Remove the fat from the tin in which the duck was cooked and pour any liquor remaining into the sauce. Stir the sauce until boiling, season well and add the joints of duck and the herbs. Simmer gently for about 30 minutes or until the duck is quite tender. Skim off all fat and remove the herbs. Roll the rest of the bacon, and bake or fry the rolls to use as a garnish. *To Dish.*—Arrange the pieces of duck on a large croûte of fried bread, pour the sauce round and garnish the duck with little rolls of fried bacon or with watercress. Wild duck may be cooked in the same manner, but a little claret and 2 or 3 cloves should be added to the sauce. Just before serving, squeeze in the juice of half a lemon. Widgeon and teal may be cooked in the same manner, adding the juice of an orange to the sauce, and, if liked, some mushroom trimmings or chopped mushrooms.

PIGEON CUTLETS.

For 4 to 6 persons.
Time—20 to 25 minutes.

(*Côtelettes de Pigeons.*)

2 or 3 pigeons; 1 oz. of flour; salt, pepper; 3 ozs. of dripping; 1 wineglassful of sherry; breadcrumbs; milk; 1½ ozs. of butter; 1½ gills of hot water; red-currant jelly.

Divide the pigeons in halves down the breasts and back, and remove the skin. Turn the bone inwards to make them look like a chop. Dredge them with salt and pepper, brush over with a little milk and dip them in breadcrumbs. Melt the dripping in a frying pan, put in the pieces of pigeon and brown them carefully on both sides. Cover and cook until the pigeons are tender, 20 to 30 minutes. Remove the pigeons from the pan, drain off the dripping, add the butter, let it melt, then add the flour and blend well and allow it to brown. Then stir in the hot water and sherry. Stir until boiling, simmer for 5 minutes and season well. *To Dish.*—Dish the pigeons neatly on a hot dish and strain the gravy over. Hand red-currant jelly.

BRAISED TURKEY WINGS.

For 2 persons.
Time—15 to 20 minutes.

(*Ailerons de Dinde Braisés.*)

The wings of a turkey; veal or nut forcemeat (pages 65 and 64); seasoning; creamed spinach; straw potatoes.

Bone the wings of a turkey and stuff them with the forcemeat. Season and fasten them in buttered papers. Bake in a fairly hot oven for 15 to 20 minutes. Serve in the papers, and hand creamed spinach and potato straws, and a little tomato sauce (Page 53). Chicken wings may be cooked in the same manner.

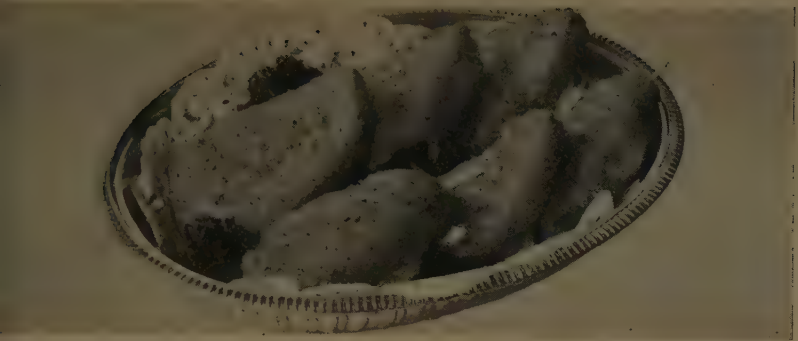
RABBIT À LA POULETTE.

For 4 or 5 persons.
Time—1 hour.

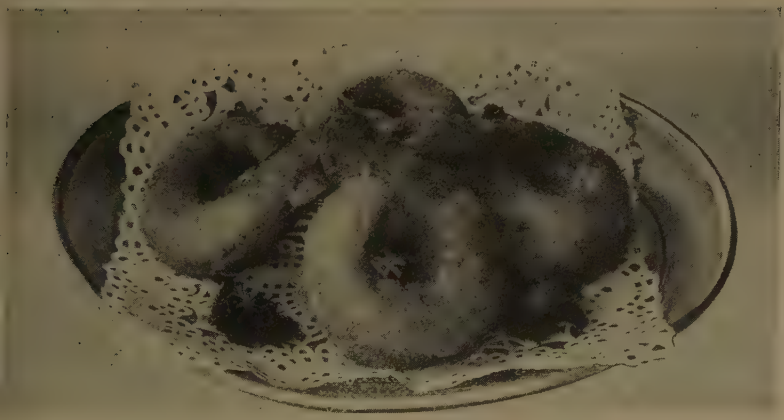
(*Lapin à la Poulette.*)

1 rabbit; ½ head of celery; 1 gill of vinegar; 1 oz. of butter; 1 pint of white stock or milk and water; a bunch of herbs; 1 carrot; salt, pepper; 1 oz. of flour; 2 yolks of eggs; croûtons of fried bread; 3 onions stuck with cloves; stock or water to cover; 1 dozen bottled mushrooms.

Cut the rabbit into small neat joints and soak these in water for a short time. Dry in a cloth, then put them into a pan with the peeled onions, stuck with cloves, the washed celery cut in pieces, the herbs, the washed and scraped carrot, sliced, the vinegar and enough stock or water to cover. Season with salt and pepper, put the lid on the pan and simmer for about 1 hour. Melt the butter, add the flour and stir for 4 or 5 minutes without browning. Then add the white stock or milk and water and continue stirring for 15 minutes. Draw the pan to the side of the fire, beat up the yolks of the eggs and add, stirring all the time. Cut the mushrooms into 3 or 4 slices each and add them to the sauce with a gill of the vinegar in which they were bottled. Stir over the fire until nearly boiling but do not let the mixture boil or the eggs will curdle. Season. When the







FISH CUTLETS (*See page* 120.) OYSTER PATTIES. (*See page* 91.)
FRIED WHITING. (*See page* 113.)







CHICKEN KROMESKIS. (*See page* 126.) MUTTON CUTLETS AU NATUREL. (*See page* 133.) RISSOLES AND CROQUETTES. (*See page* 123.)

rabbit is tender, drain the pieces and put them into this sauce. Heat for about 2 minutes without boiling. *To Dish.*—Serve the rabbit neatly on a hot dish, pour the sauce over and garnish with croûtons of fried bread.

RABBIT A LA PROVENÇALE.

(Lapin à la Provençale.)

For 4 or 5 persons.
Time—45 minutes.

1 rabbit; 1 pint of stock; salt, pepper; 1 gill of salad oil; ½ pint of tomato sauce (page 53); 1 clove of garlic; 6 tomatoes; 1 tablespoonful of chopped parsley.

Cut the rabbit into 2 inch pieces. Soak these in water for about ½ hour. Drain and dry in a cloth. Peel the clove of garlic and put it with the salad oil into a pan. When a faint smoke begins to rise from the oil, put in the rabbit and fry a nice brown all over. Drain off the oil, add the stock and tomato sauce. Remove the stalks from the fresh tomatoes and add. Season with salt and pepper. Cover and simmer very gently for about ½ hour or until the rabbit is cooked. *To Dish.*—Serve the rabbit neatly on an entrée dish, pour the sauce over and serve hot, garnish with the tomatoes and chopped parsley.

JUGGED HARE.

(Civet de Lièvre.)

For 4 or 5 persons.
Time—2 to 3 hours.

1 hare; 2 onions; ½ head of celery; 1 gill of vinegar; salt, pepper; 1 dozen forcemeat balls (page 65). 2 ozs. of dripping; 2 carrots; 2 leeks; 1 gill of claret; 2 dozen button onions; croûtons of fried bread; 4 ozs. of streaky bacon; 1 bunch of herbs; 1 quart of stock; 1 pint of Espagnole sauce (page 50).

Cut the hare into neat pieces. Cut the bacon into strips about 2 inches long. Peel the onions, wash the carrots, wash the celery, and trim the leeks. Shred all these vegetables finely. Put the bacon into a pan and cook a little, then add the vegetables and herbs and brown them, add the vinegar and simmer until it has evaporated to a great extent, but do not let the vegetables burn. Add the stock and wine and the joints of hare, salt and pepper to taste. Bring to the boil, stirring occasionally then simmer very gently with the lid on the pan. Stir from time to time. Peel the button onions, fry them in 2 ozs. of dripping until golden brown, then simmer them gently in the Espagnole sauce until the sauce is reduced to a glaze. When the hare is cooked, drain off the liquor, put the pieces of hare and bacon over a pan of hot water to keep hot and return the sauce to the pan and reduce it by boiling. Skim well. Skim the fat from the button onions, pour them with their glaze into the sauce and add the forcemeat balls, which have been previously fried until brown. Stir over the fire until nearly boiling. *To Dish.*—Serve the hare neatly in the centre of a hot dish and pour the sauce over. Garnish with the button onions and small half-moons of fried bread and the forcemeat balls. *Note*—Most people add the blood of the hare to this sauce, in which case it should be diluted with a little

water, and strained to the sauce. Care must be taken that the sauce is not too hot when adding the blood, or it will curdle. Rabbit may be jugged in the same manner, omitting the wine if desired. Port may be used in place of claret.

LEVERET A LA CHASSEUR. *For 4 or 5 persons.*
(*Levraut à la Chasseur.*) *Time—About 45 minutes.*

1 leveret; 1 pint of stock; ½ lb. of small fresh mushrooms; croûtons of fried bread; 2 ozs. of dripping; glaze (page 47); a pinch of grated nutmeg; salt, pepper; 1 tablespoonful each of chopped shallot, parsley and mushrooms (bottled); ½ lemon.

Cut up the leveret as follows :—Cut off the hind legs, remove the shoulders, divide the loin into 6 parts and split the head and neck in halves. Wash well, and if necessary, soak the neck and head in cold water for some time. Dry on a cloth. Melt the dripping in a pan, add the joints of leveret and fry brown all over, then add the chopped shallot, mushrooms and parsley. Cover the pan and simmer for 10 minutes over low heat. Drain off the fat and add the stock. Peel, trim, wash and wipe dry the fresh mushrooms and add to the mixture, together with a teaspoonful of glaze, salt, pepper and nutmeg to taste. Cover the pan and simmer for ½ hour or until the leveret is cooked. Add the juice of ½ lemon. *To Dish.*—Dish the pieces of leveret on a hot entrée dish, strain the sauce over and garnish with the mushrooms and croûtons of fried bread. Rabbit may be cooked in the same manner.

GAME.

SALMI OF GROUSE. *For 5 or 6 persons.*
(*Salmi de Coq de Bruyère.*) *Time—40 minutes.*

2 grouse; 1 tablespoonful of sherry; 12 olives; 1 bunch of herbs; 1 tablespoonful of cooked and sieved tomatoes; 1 croûte of fried bread; ½ pint of brown sauce (page 50); ½ lb. of mushrooms; salt, pepper; cayenne; butter or dripping; onions.

Pluck, draw, singe and truss the grouse as for roasting. Put them into a baking tin and bake for about 10 minutes in a quick oven, basting them frequently with a little butter or good dripping. Take them out and untruss them, and cut the birds into neat joints. Cut up the carcases and fry them in the butter left over from basting the birds. Add the bunch of herbs, then strain off all the fat and add the wine and sauce and the tomato. Bring to the boil, skim and simmer for 10 minutes and season well. Add the joints of grouse, the peeled, washed and sliced onions, the peeled mushrooms and the stoned olives. Simmer gently for 20 minutes. *To Dish.*—Put the croûte of fried bread in the centre of a hot dish and arrange the pieces of grouse neatly upon this. Strain the sauce over and round and garnish with the olives and mushrooms. Any game may be cooked in this manner.

FILLETS OF PARTRIDGE.

For 4 or 5 persons.

(*Filets de Perdreaux.*) *Time*—15 *to* 20 *minutes.*

2 or 3 partridges; 2 eggs; salt, pepper; 4 ozs. of tomato rice; 2 ozs. of panada (page 66); frying fat; ½ pint of tomato sauce (page 53); ¼ gill of rather stiff Espagnole sauce (page 50); breadcrumbs.

Remove the breasts from the birds as neatly as possible. Take off the skin and flatten them with a cutlet bat or a large knife. Take all the meat from the legs and wings, put it through a mincing machine twice, then pound it in a mortar with the panada, add 2 yolks of eggs and the Espagnole sauce and pound well, season and rub through a sieve. Spread this forcemeat over each fillet of partridge, brush over with the beaten white of egg and dip in breadcrumbs. Make some fat hot in a deep saucepan and when a faint blue smoke rises from it, put in the fillets and fry pale brown. Lower the heat slightly after the fillets have been put into the pan, or they will become too brown before the inside is properly cooked. Drain well on soft paper. *To Dish.*—Arrange the boiled rice flavoured with tomato sauce, pyramid form, on a hot dish and place the fillets round it. Pour round a little tomato sauce and serve hot.

SALMI OF PARTRIDGE.

For 4 or 5 persons.

(*Salmi de Perdreaux.*) *Time*—30 *to* 35 *minutes.*

2 partridges; ½ lemon; fried croûtons of bread; ½ pint game sauce (page 55); 1 slice of fat bacon; ½ pint of fresh mushrooms or 3 or 4 bottled ones; salt, pepper.

Pluck, singe, and draw the partridges, truss them for roasting. Cover the breasts with a piece of fat bacon and bake them in a fairly hot oven for 20 minutes. Remove the bacon the last 6 or 7 minutes, and baste the breasts plentifully. Let them cool and then remove the legs and cut off the drumsticks. Cut each bird into 4 pieces, pound the liver and the trimmings, put them into a pan with the game or salmi sauce and with the mushrooms. Fresh mushrooms must be peeled and washed and shredded; the bottled mushrooms are strained from the liquor and put whole into the sauce. Simmer gently until the mushrooms are done. Put in the pieces of partridge and warm through, but do not let them boil or they become tough. Squeeze in the juice of half a lemon and season well. *To Dish.*—Arrange the joints of partridge in a pyramid form in the centre of a hot entrée dish, pour the sauce over and garnish with fried bread croûtons. Grouse may be cooked according to any recipe for partridge or pheasant.

PHEASANT CUTLETS.

For 5 or 6 persons.

(*Côtelettes de Faisan.*) *Time*—60 *minutes.*

2 pheasants; 1 oz. of flour; 1 carrot; salt, pepper; 1 egg; 1 oz. of butter; 1 turnip; breadcrumbs; gravy made from the bones; a bunch of herbs; 1 onion; stock or water; 1 oz. of melted dripping; mashed potatoes or creamed spinach.

Dry and wipe the pheasants and cut them up into neat joints. Remove the bones from the legs and breasts, put them with the

carcase and any trimmings into a stewpan. Cover with stock or water, add the peeled carrot, onion, turnip and the herbs with the salt and pepper. Simmer very gently for ¾ hour. Melt the butter in a pan, add the flour and brown, then stir in 1 pint of the stock from the bones. Stir until boiling, season and simmer very gently for 5 or 6 minutes. Trim the pieces of pheasant into neat cutlets. Brush them over with beaten egg and coat with breadcrumbs. Dip in a little melted dripping and grill over a bright, clear fire on a greased gridiron, or under a gas or electric griller. *To Dish.*—When cooked, arrange the pheasant cutlets in 2 lines on a bed of mashed potatoes or creamed spinach. Stick a small piece of macaroni in the pointed end of each cutlet and strain the gravy round.

MADE-UP AND PLAIN HOUSEHOLD DISHES.

BEEF.

BEEF FRITTERS. *For 4 persons.*
(*Beignets de Bœuf.*) *Time*—15 *minutes.*

1 lb. of cold roast beef; frying fat; 1 gill of frying batter (page 63); salt, pepper; parsley.

Having removed the fat and gristle cut the beef into strips or rounds, sprinkle them with salt and pepper, dip in frying batter and drop into a pan of deep fat from which a faint blue smoke has begun to rise. Fry pale brown, drain on soft paper. *To Dish.*—Serve on a paper d'oyley on a hot dish. Garnish with fried parsley. Hand tomato, or Espagnole sauce (pages 53 and 50). Any kind of meat, poultry or game may be cooked in this manner.

BOILED MARROW BONES. *½ bone per person.*
(*Os de Moelle.*) *Time*—*2 hours.*

½ marrow bone per person; salt; paste of flour and water; pepper; toast.

Saw the bones to any size desired, cover the ends with a paste of flour and water. Tie each in a cloth and place it in boiling water. Simmer gently for about 2 hours. When cooked, take off the cloth. *To Dish.*—Serve the bones upright on a folded napkin on a hot dish and hand toast, salt, pepper and cayenne. A special fork or spoon should be given to each person for removing the marrow from the bones. Another method of serving is to take the marrow from the bones, and spread it on to small squares of toast, sprinkle with salt, pepper and cayenne, and serve at once. As the marrow chills quickly, it should be served directly it is spread on the toast. Some people use hot water plates or dishes on which to serve the marrow.

BROILED BEEF BONES. *For 2 or 3 persons.*
(*Os de Bœuf grillés.*) *Time*—10 *minutes.*

1 or 2 lbs beef bones; salt, pepper, mustard; fried potatoes.

Divide the bones, to which a certain amount of meat adheres. Rub them over with salt, pepper and mustard, and grill them over a clear fire. *To Dish.*—Serve them on a hot dish and hand fried potatoes.

BUBBLE AND SQUEAK. *For 2 or 3 persons.*
(*Miroton de Bœuf aux Choux.*) *Time*—15 *minutes.*

½ lb. of cooked beef, salt, pepper; ½ lb. of cooked cabbage or any other greens; 2 ozs. of dripping.

Remove all skin, fat and gristle from the meat and cut it into thin slices. Chop the cabbage, or any other greens, on a board and sprinkle with salt and pepper. Melt the dripping in a pan, brown the meat a little on both sides, then remove the meat and add the greens to the fat. Brown the greens a little and season if necessary. *To Dish.*—Pile the cabbage in the centre of a hot dish, arrange the slices of meat round or over. *Note.*—The remains of cooked potatoes may be mixed with the greens if desired. This is an excellent way of using up the remains of corned beef, and any small pieces of ham or tongue may be mixed with the beef also.

CANNELON OF COLD BEEF. (PLATE 21). *For 5 or 6 persons.*
(*Cannelon de Bœuf.*) *Time*—½ *to* ¾ *hour.*

½ lb. of cooked beef 1 tablespoonful of chopped parsley; flour; 4 ozs. of ham, tongue or corned beef; 1 teaspoonful of mixed chopped herbs; 4 ozs. of breadcrumbs 2 tablespoonsful of brown sauce (page 50).

Remove all fat, skin and gristle from the meat, cut it into pieces and put it with the ham, tongue or corned beef through a mincer. Add the breadcrumbs, parsley and herbs, season to taste, and mix well. Beat up the egg and add with the sauce to the mixture. Shape it into a roll with the help of a little flour and wrap a piece of greased paper round it. Put the roll on to a greased baking tin, and bake in a fairly hot oven from ½ to ¾ hour. *To Dish.*—Remove the paper, put the roll on a hot dish, coat with brown sauce. Garnish with parsley. If liked, tomato sauce may be used in place of brown sauce with this, and any kind of meat, game, poultry or rabbit may be made into a cannelon in this fashion. White meat should be coated with white sauce and decorated as desired. A little cooked macaroni or rice may be handed or arranged in a border round the dish, if desired, or the cannelon may be coated with browned crumbs and the sauce poured round. Garnish with cut lemon.

COTTAGE OR SHEPHERD'S PIE.

For 4 persons.
(*Pâté de Berger.*) *Time*—40 *minutes.*

1 lb. of cooked meat of any kind; salt, pepper; 1 oz. of butter or margarine; 1 onion; 1 oz. of flour; ½ pint of stock; mashed potatoes.

Remove all skin, fat and gristle from the meat and put it through a mincing machine; season well. Melt the butter or margarine in a pan, add the minced onion and brown, then add the flour and brown and gradually stir in the stock. Stir until boiling, then simmer for 10 minutes. Add the meat and turn the mixture into a greased pie dish, cover with mashed potatoes piled high in the centre. Mark these with a fork and bake in a good oven for about ½ hour or until the potatoes are nicely browned. Serve hot in the pie dish.

GATEAU OF COLD MEAT.

For 4 or 5 persons.
(*Gâteau de Viande.*) *Time*—1 *hour.*

½ lb. of cold meat of any kind or two kinds mixed; 1 egg; 1 teaspoonful of chopped parsley; 2 ozs. of ham, tongue or corned beef; about one gill of brown sauce (page 50) or gravy; ½ teaspoonful of chopped mixed herbs; salt, pepper; 2 ozs. of breadcrumbs or bread pieces; browned breadcrumbs.

Remove all skin and gristle from the meat and cut it into pieces. Put these through a mincer, add the parsley and herbs and season well. Mix with the brown sauce and, if liked, add the beaten egg. Mix all well together, grease a plain round mould or basin, and line it with the browned breadcrumbs, fill it with the meat mixture, cover with greased paper and steam or bake in a moderate oven for about 1 hour. *To Dish.*—When ready, turn the mould out on to a hot dish and pour round a little brown or tomato sauce (page 53). Serve hot. *Note.*—This may be made with any kind of meat, poultry or game. If made with white meat, white sauce should be used with it. If made with bread pieces, soak the bread in cold water until soft, then drain off the moisture and squeeze the bread dry in a cloth. Beat it up with a fork and add it to the minced mixture. For a very plain mould made with bread pieces, the egg may be omitted and a little thick sauce added to the mixture.

HASH.

For 3 or 4 persons.
(*Hachis de Bœuf.*) *Time*—25 *to* 30 *minutes.*

1 lb. of cooked beef or meat of any kind; salt, pepper; 1 oz. of flour; 1 pint of stock; toast; 1 oz. of dripping; 1 onion.

Remove all skin, gristle, fat and bone from the meat, and cut it into small thin slices. Melt the dripping in a pan and when hot, add the sliced onion and brown, add the flour and brown also, then stir in the stock, off the fire. Return the pan to the fire and stir until boiling, season, skim and put in the pieces of meat. Cover the pan and put it over very gentle heat or by the side of the fire for

about 15 minutes, or until the meat becomes hot, but on no account let it boil after the meat is added, or it becomes tough. This is a very important point, as if hash is to be really palatable, the meat must be quite tender. *To Dish.*—Arrange the pieces of meat neatly on a hot dish and strain the sauce over. Garnish with sippets of toast. If desired, the hash may be served in a circle of creamed spinach, a green pea purée, haricot beans tossed in tomato purée, cooked macaroni or rice. Any kind of meat, poultry, game or rabbit may be used for this.

MEAT IN BATTER. Toad-in-a-Hole. *For 2 or 3 persons.*
(*Pâte de Viande.*) *Time—½ hour.*

¾ lb. of cooked meat of any kind; salt, pepper; pancake batter; ¼ teaspoonful of powdered herbs; 1 teaspoonful of chopped parsley.

Trim the meat and cut it into thin slices, sprinkle over the herbs and parsley, season well, put it at the bottom of a greased pie dish or Yorkshire pudding tin. Make the batter and let it stand for 1 hour at least, then pour it over the meat and bake in a good oven for about ½ hour, or until the batter has risen and nicely browned. *To Dish.*—Cut the batter into neat slices and serve on a dish paper on a hot dish, or serve in the pie dish. The meat may be put through a mincer instead of being cut into slices. This may be made with sausages.

MEAT AND RICE CAKE. *For 4 or 5 persons.*
(*Gâteau de Viande.*) *Time—1½ hours.*

½ lb. of any kind of cooked meat; salt, pepper; 2½ ozs. of rice; ½ pint of stock; 1 egg; 1 oz. of dripping; 1 dessertspoonful of chopped parsley.

Mince the meat, season it with salt and pepper. Wash the rice well in two or three waters, put it into a saucepan of boiling salted water and boil for 5 minutes. Drain well. Melt the dripping in a pan, add the rice and stock, and simmer gently until the rice is quite soft and the stock has become absorbed. Should the rice become dry before it is cooked, add a very little more stock. When ready, stir in the minced meat, parsley and seasoning. Grease a mould or basin and line it with browned breadcrumbs, put in the mixture, cover with greased paper and steam for about 1 hour or until firm to the touch. *To Dish.*—Turn out when cooked on to a hot dish and pour round a little brown or tomato sauce. *Note.*—Any kind of meat, poultry or game may be used in this manner, white sauce being used for white meats and mushroom sauce forming a good accompaniment to game. Cooked macaroni, chopped small, may be added to this instead of rice, in which case the greased mould should be lined with small pieces of cooked macaroni, or with long pieces of macaroni wound evenly round the inside of the mould.

MINCED BEEF.
(*Bœuf Haché.*)

For 4 persons.
Time—15 *minutes.*

½ lb. of cooked beef; ½ pint of stock; cooked potatoes, spinach or rice; 1 oz. of butter or margarine; 1 oz. of flour; salt, pepper.

Remove all skin, fat and gristle from the meat, cut it into small pieces, then put it through a mincing machine. Make the butter or margarine hot in a pan, add the flour and brown, then add the stock gradually. Stir over moderate heat until the mixture boils, then season, add the meat and simmer very gently for about 15 minutes. *To Dish.*—Mash the potatoes and form them into a ring on a hot dish, put the mince in the centre and garnish with parsley. Serve hot. If desired, this may be served inside a border of cooked rice or macaroni, or in a border of cooked spinach. Another method of serving the mince is to surround it with sippets of fried bread. Any kind of meat, poultry or game may be minced in this manner with the addition of a little cooked ham or tongue. White meats should be mixed with white sauce, and sometimes tomato sauce is used instead of brown.

ROASTED OX HEART. (Plate 21).
(*Cœur de Bœuf.*)

For 4 or 5 persons.
Time—2 hours.

1 ox heart; 4 or 6 ozs. of veal forcemeat (page 65).

Cut off the flaps or the lobes from the heart and remove all pieces of gristle and cartilage. Wash thoroughly in several waters, then soak in lukewarm water for 1 hour and again rinse. Wipe well with a cloth and stuff the cavity with the forcemeat. Tie the heart up in greased paper, put it on a greased baking tin and roast for about 2 hours or more if the heart be very large. When ready, remove the paper and brown the heart for a few minutes. Serve on a hot dish and make gravy as for roast beef (page 72). Hand red currant jelly. This may be served on a croûte of fried bread and garnished with carrots.

RÉCHAUFFÉ OF OX TONGUE.
(*Réchauffé de Languede Bœuf.*)

For 3 or 4 persons.
Time—10 *to* 15 *minutes.*

½ lb. of cooked ox tongue; 2 tomatoes; 1 pint of brown or Espagnole sauce (page 50); 1 tablespoonful of capers.

Cut the ox tongue into neat slices, make the sauce hot, and when boiling, put in the slices of tongue. Cover the pan and draw it to one side of the fire and let the tongue become hot through, but on no account let it boil. *To Dish.*—Arrange the slices of tongue neatly on a hot dish overlapping each other, and strain the sauce over and round. Garnish with little heaps of capers alternating with slices of tomato and serve hot. *Note.*—If liked, the tongue may be served in the centre of a ring of mashed potatoes or creamed spinach, cooked rice, or macaroni.

TRIPE.

To Prepare:

Tripe is the inner lining of the stomach of the cow or ox and is very easily digested, but requires careful preparation. There are various kinds of tripe, such as "Blanket," "Honeycomb," and so on, according to the part of the animal from which it is taken, but the "Blanket" and "Honeycomb" are the kinds usually offered for sale.

Tripe is usually prepared beforehand by the butcher, in which case it simply requires washing and blanching.

To Blanch:

Put the tripe into a saucepan with cold water to cover, bring to the boil and then strain. Again cover with water, or half water and half milk, and simmer gently for about 2 hours, when it may be used as desired.

If, however, the butcher has not prepared the tripe, it requires a great deal of preparation. Wash it well in tepid water, scrape with a knife, and then rinse very thoroughly. Put it into a pan with cold water to cover, bring to the boil and pour the water away. Again wash and continue this washing and blanching until it loses its unpleasant smell. When cold, return to the pan with fresh cold water, bring to the boil, and simmer gently for 6 or 7 hours, or until quite tender. See that the tripe is always covered with water, adding more if necessary as it boils. When cooked, put the tripe with the liquid in which it was cooked into a basin and leave until the following day, when it can be used as desired.

FRICASSÉE OF TRIPE.

(*Fricassée de Tripe.*)

For 4 or 5 persons.
Time—25 minutes.

2 lbs. of tripe; ½ lb. of mushrooms; stock; 1½ ozs. of butter or margarine; 2 ozs. of breadcrumbs; 1 gill of tomato sauce (page 53); salt, pepper.

Prepare and cook the tripe as directed above, then cut it into small squares. Wash, peel and trim the mushrooms and cut them into slices. Melt half the margarine in a pan, add the mushrooms and tripe, and simmer very gently for about 10 minutes. Pour in enough stock to just cover. Put the lid on the pan and simmer gently until the mushrooms are tender. Add the tomato sauce and make hot. *To Dish.*—Arrange all neatly in a casserole or fireproof dish. Season well, sprinkle with breadcrumbs and brown in the oven or under a griller. *Note.*—Should no tomato sauce be at hand, a few tomatoes rubbed through a sieve may be added to the sauce. Tripe may be curried by warming the cooked tripe in curry sauce (page 51). Serve in the centre of a border of boiled rice.

TRIPE AND ONIONS.

For 4 or 5 persons.
Time—½ hour.

(*Tripe à l'Anglaise.*)

2 lbs. of tripe; 1 oz. of flour; 4 large onions; 1 pint of milk and water; 1 oz. of butter; salt, pepper.

Prepare the tripe as directed on page 151, dip the pieces in the flour, then put them into a pan with the milk and water and a little salt and pepper. Bring to the boil and simmer gently for 15 minutes. Peel, slice and parboil the onions in salted water, strain, and add to the tripe, simmer all very gently for about 15 minutes or until the onions are cooked. Season well. *To Dish.*—Arrange all neatly in a hot dish, and garnish with sippets of fried bread or toast.

MUTTON.

ARABIAN STEW.

For 4 or 5 persons.
Time—1 to 1½ hours.

(*Ragoût à l'Arabie.*)

1½ to 2 lbs. of neck or breast of mutton; water; 1 small or ½ large vegetable marrow; salt, pepper; 2 ozs. of rice; 2 onions; ½ lb. tomatoes.

Wipe the meat, remove all skin, superfluous fat and piping, and cut it into neat joints. Peel the vegetable marrow, remove the seeds, and cut the marrow into nice sized pieces. Peel and slice the onions, wash the rice well in two or three waters, put the tomatoes into boiling water for a few minutes and remove the skins. Put the meat into a stewpan or casserole, cover with water and bring slowly to the boil. Remove all scum, then add the onions, marrow and tomatoes, cut into slices, and again bring to the boil. Cover the pan and simmer very gently for ½ hour, then sprinkle in the rice and continue to cook slowly for another ½ hour, or until the meat is tender and the rice cooked. *To Dish.*—Arrange the meat in a circle on a hot dish and put the vegetables in the centre and pour the gravy round. *Note.*—This may be made and served in a casserole, and may be cooked either over the fire or in a moderate oven.

HARICOT OF MUTTON.

For 7 or 8 persons.
Time—2¾ to 3 hours.

(*Ragoût de Mouton.*)

3 lbs. of the middle of the neck of mutton; pepper and salt; 3 turnips; 2 onions; 2 ozs. of dripping; 3 carrots; 1 dessertspoonful of walnut ketchup.

Take about 3 lbs. of the middle of the neck of mutton, cut off some of the fat, and divide the chops. Fry them lightly in the dripping, but do not quite cook them. Lift them out of the pan, cut the onions into slices, and the carrots and turnips into any shapes desired. Fry them for a few minutes in the dripping in which the chops were cooked, but do not let them burn. Put the mutton into a stewpan, lay the vegetables on it, and just cover the whole with hot water. Bring to the boil, then draw the pan to the side of the fire and simmer until the chops are tender; season with pepper and salt and 1 dessertspoonful of walnut ketchup. Let it cool, and

then take off all the fat very carefully. Re-heat and serve. *To Dish.*—Dish neatly on a hot dish with the chops arranged in two lines and the vegetables in heaps round the dish. Pour the gravy round.

IRISH STEW.

(*Ragoût à l'Irlandaise.*)

For 4 or 5 persons.
Time—1 *to* 1½ *hours.*

2 lbs. of the scrag or middle end of the neck of mutton; 1 lb. of onions; water; 2½ lbs. of potatoes; salt, pepper.

Wipe the meat well and remove all piping, skin and superfluous fat, and cut the mutton into neat joints. The long ends of the bones should be cut as when making cutlets. Trim all superfluous fat from these ends and divide them into neat joints, allowing about two bones to each. Put all the meat into a pan, sprinkle it with salt and pepper, and cover with cold water. Bring to the boil, and remove the scum. Peel and slice the onions and add. Peel and cut half the potatoes into slices and add them also. Again bring to the boil, cover the pan, and then simmer gently from 1 to 1½ hours, or until the meat is tender. The last ½ hour, put in the remainder of the potatoes, peeled and cut in halves or quarters. This stew must be cooked very gently and the pan should be shaken occasionally to prevent it from sticking, but it should not be stirred. Care must be taken not to let the liquid boil away. More boiling water should be added if there be any fear of this, but the stew should not be too watery. *To Dish.*—Arrange the meat neatly in a circle on a hot dish, put the vegetables in the centre and pour the gravy round.

LANCASHIRE HOT POT.

(*Mouton en casserole à l'Anglaise*)

For 4 or 5 persons.
Time—3½ *hours.*

2 lbs. of neck of mutton; ½ lb. of mushrooms (if desired); 3 mutton kidneys; 3 onions; ½ pint of water; 18 oysters; 2 lbs. of potatoes.

Remove all piping, superfluous fat, gristle and skin from the mutton, cut it into chops, cut the long bones short and place a layer of chops at the bottom of the hot pot dish. On this, place a layer of sliced kidneys, sliced onions and a few bearded oysters and a layer of sliced potatoes. Sprinkle over salt and pepper. Should the mushrooms be used, they must be peeled, washed and dried, and cut into pieces, removing the greater part of the stalk, which may be used for flavouring stock. Sprinkle them over the layers of meat. Continue these layers until the ingredients are finished, and then place some halved or whole potatoes on the top. Strain the oyster liquor and add it with the water. Cover the dish with greased paper or a lid, and put it into a moderate oven and bake very slowly for about 3½ hours. The last half-hour remove the covering and let the potatoes brown. *To Dish.*—Fasten a napkin round the dish and place it on a paper d'oyley on another

dish and serve hot. *Note.*—A plainer hot pot may be made by omitting the oysters and kidneys. Any meat may be made into a hot pot in this manner.

RÉCHAUFFÉ OF MUTTON. *For 4 or 5 persons.*
(*Réchauffé de Mouton.*) *Time*—½ *to* ¾ *hour.*

The remains of a leg of mutton; 1 lb. of mashed potatoes; 2 or 3 ozs. of dripping; salt, pepper.

This is an excellent way of re-heating a roast leg of mutton, especially if it be slightly underdone. Remove the knuckle bone and cover the cut surface of the meat thickly with mashed potatoes. Melt some dripping in a baking tin, put the leg of mutton into it, and pour some more dripping over the top. Put it into a fairly hot oven and bake for about ½ hour or until the potatoes are cooked and form a brown crust. Baste often. *To Dish.*—Serve on a hot dish and hand gravy separately. The gravy is made in the baking tin as for roast mutton, using a little stock instead of water. It should eat just like a freshly cooked joint.

STEWED SHEEP'S TROTTERS. *For 2 or 3 persons.*
(*Ragoût de Pieds de Mouton.*) *Time*—2 *to* 2½ *hours.*

1 set of sheep's trotters, skinned; stock; 1 blade of mace; 1 onion; 1 bunch of herbs, 1 gill of milk; toast or fried bread; 3 cloves; ½ oz. of flour; 1 tablespoonful of chopped parsley; salt, pepper.

The trotters should be bought skinned by the butcher. Wash them well and put them into a pan with cold water to cover. Bring to the boil, strain and rinse them in cold water. Put them into a pan or casserole with sufficient stock to cover. Peel and add the onion stuck with cloves, the bunch of herbs, blade of mace and ½ teaspoonful of salt. Cover the pan and simmer very gently until the meat will part easily from the bones. Strain. Remove the meat from the bones, and cut it into large dice. Return 1 gill of the stock to the pan, mix the flour smoothly with the milk and add to the saucepan, stir until boiling. Season if necessary, add the parsley, and put the pieces of meat into the sauce to re-heat. *To Dish.*—Arrange the pieces of meat neatly on a hot dish, pour the sauce over and garnish with small sippets of fried bread or toast. *Note.*—Sheep's trotters may be cooked according to any recipe for calves' feet, and may be cooked in tomato, brown or Italian sauce (pages 50 and 52), garnished with any vegetable preferred.

PORK.

PORK CUTLETS, BROILED. *For 5 or 6 persons.*
(*Côtelettes de Porc grillés.*) *Time*—15 *to* 20 *minutes.*

6 pork cutlets; 2 apples; salt, pepper; 1½ ozs. of butter; ½ pint of Italian sauce (page 52 and 50) or brown gravy.

Take some cutlets from a loin of pork, trim them neatly, and cut off nearly all the fat. Season them with salt and pepper and place

them on a hot greased gridiron over a clear fire. Broil them for ¼ hour or 20 minutes, as pork requires to be very well done. Turn them two or three times. *To Dish.*—Arrange the cutlets neatly on a hot dish, and pour round Italian sauce or plain brown gravy. Garnish with quarters of apples fried lightly in a little butter.

PIG'S FRY.

(*Foie, cœuc ris de Porc.*)

For 4 or 5 persons.
Time—2¼ *hours.*

1½ lbs. of pig's fry; 2½ lbs. of potatoes; 2 saltspoonsful of salt; 1 onion; 1 saltspoonful of pepper; 1 teaspoonful of chopped sage leaves; ¾ pint of water.

Boil a large onion, then chop it finely with 3 or 4 sage leaves. Wash and scald the fry and put half of it at the bottom of a pie dish. Sprinkle over a thin layer of the sage and onion, salt and pepper. Add a layer of sliced potatoes. Repeat these layers of fry, onions and potatoes, the top layer must be potatoes. Add the water and put it into a moderate oven and cook for 2½ hours. Serve hot.

VEAL.

BOILED CALVES' FEET.

(*Pieds de Veau bouillis.*)

For 4 or 5 persons.
Time—3 *hours.*

2 calves' feet; 1 pint of parsley sauce (page 55); stock or water; salt.

To prepare the feet, bone them as far as the first joint, wash and scrape the feet, put them into a pan with cold water to cover, bring to the boil, drain and again wash. Put them into a pan with stock or water and salt and simmer very gently for about 2 hours. When tender, take out the feet and put them on a hot dish and coat with parsley sauce.

CALF'S LIVER A LA FRANÇAISE.

(*Foie de Veau à la Française.*)

For 3 or 4 persons.
Time—¾ *to* 1 *hour.*

1 lb. of calf's liver; 1 oz. of butter; ½ teaspoonful of chopped mixed herbs; cayenne; ¼ lb. of streaky bacon; 1 teaspoonful of chopped parsley; salt, pepper; ½ pint of brown sauce (page 50); 2 ozs. of breadcrumbs; 1 egg; a spoonful of vinegar or lemon juice; fried bread; lemon or parsley.

Soak the liver in vinegar for 4 hours to render it firm. Rinse in cold water and wipe dry. Cut it into even slices about ¼ to ½-inch, thick. Mix the breadcrumbs, butter (broken into small pieces) chopped parsley and herbs, salt and pepper together, and bind the mixture with the beaten yolk of an egg. Spread this mixture on each piece of liver and cover with a small thin slice of bacon, from which all rind and rust have been removed. Put on a greased baking sheet and bake for about ¾ hour to 1 hour in a moderate oven.

To Dish.—Dish each piece of liver on a small croûte of fried bread, garnish with parsley or cut lemon, and hand brown or tomato sauce (pages 50 and 53).

LIVER AND BACON. *For 4 persons.*
(*Foie de Veau à l'Anglaise.*) *Time*—20 *to* 30 *minutes.*

1 lb. of calf's or sheep's liver; ½ pint of stock; 1 oz. of dripping; 1 tablespoonful of flour; 1 onion; salt, pepper; 4 ozs. of streaky bacon.

Wash and wipe the liver, remove any tubings or pipings, and cut it into slices about ½-inch thick. Mix the flour, salt and pepper on a plate and dip the slices of liver into the mixture. Remove the rind and rust from the bacon, peel and slice the onion, put the bacon into a pan with the dripping and fry lightly. Remove the bacon and put in the pieces of liver. Fry brown on both sides, add the onion, and fry a little. Shake in any flour remaining on the plate and brown lightly, then gradually stir in the stock. Stir until boiling, then simmer very gently for about 20 minutes, or until the liver is cooked. Just before serving, return the bacon to the pan and make it hot. *To Dish.*—Lift the pieces of liver out of the pan and arrange them neatly in the centre of a hot dish. Taste the gravy and see if it requires more seasoning. Boil it up and pour it over and round the liver. Garnish with the pieces of bacon shaped into rolls.

MOCK GOOSE. *For 4 persons.*
(*Oie Fausse.*) *Time*—1½ *hours.*

1 lb. of liver; 1 teaspoonful of sage; 1 tablespoonful of flour; 2 lbs. of potatoes; salt, pepper; 2 onions; 1 apple; ½ pint of boiling water or stock.

Wash and peel the potatoes and cut them into slices. Wipe the liver with a damp cloth, remove all piping, and cut it into slices about ½-inch thick. Mix the flour, salt and pepper on a plate, and dip the pieces of liver into this mixture. Peel and chop the onions finely, peel, core and chop the apple, mix it with the onion and powdered sage. Grease a casserole, put in a layer of the liver, sprinkle with the onion mixture and a pinch of salt and pepper. Cover with a layer of potatoes, then continue these layers until the dish is full, but the last layer must be potatoes. Pour over hot water and put on the lid of the casserole and bake in a moderate oven for about 1½ hours. A short while before serving remove the lid and let the potatoes brown. Serve at once. If desired, some properly prepared pig's fry may be added with the liver.

HARICOT OF VEAL. (PLATE 21). *For 7 or 8 persons.*
(*Ragoût de Veau.*) *Time*— *About* 1 *hour.*

2½ lbs. of the middle of a neck of veal; salt, pepper; 1 pint of green peas; 4 carrots; stock; 2 cucumbers; 4 turnips.

Shorten the bones on the neck of veal and remove all piping and gristle and any superfluous fat, and cut the joint into chops. Put

the veal into a pan and cover it with stock. Simmer for about an hour. Shell the peas, peel, and cut the cucumber into slices. Wash, peel and slice the carrots and turnips. Cook all these vegetables in a little stock. Drain and add to the veal 10 or 12 minutes before serving it. *To Dish.*—Dish the chops in a line on a hot dish, lift out the vegetables with a perforated spoon and place them in heaps round the meat, and hand the gravy in a sauceboat.

MINCED VEAL AND MACARONI. (PLATE 18). *For 3 or 4 persons.*
(*Veau à l'Italienne.*) *Time—½ to 1 hour.*

1 lb. of minced veal; 2 eggs; salt, pepper; 4 ozs. of minced ham; 4 ozs. of breadcrumbs; 6 ozs. of cooked macaroni; ½ gill of stock; the grated peel of ½ a lemon.

Put the veal and ham through a mincer and mix them with the breadcrumbs and lemon peel. Bind with the stock and the well-beaten eggs, season to taste. Boil the macaroni in salted water and drain. Grease a mould or basin well and line it with the macaroni. Chop finely any macaroni left over and add it to the veal. Put the mixture into the prepared mould, cover with greased paper, and steam for ½ to 1 hour over a saucepan of boiling water. *To Dish.*—Turn out the veal on to a hot dish and pour round tomato or brown sauce (pages 53 and 50) or a good gravy. Garnish with cubes of cooked turnip or fried bread.

POULTRY.

BLANQUETTE OF FOWL. *For 3 or 4 persons.*
(*Blanquette de Volaille.*) *Time—15 minutes.*

1 lb. of cooked cold fowl; 1 gill of stock; 1 pint of white sauce (page 51); 4 ozs. of tongue; juice of ½ lemon; salt, pepper.

Make the white sauce and add the stock to it. Cut the fowl into neat pieces and the tongue into thin slices, and add them to the sauce. Season well, strain in the juice of ½ lemon and stir over the fire until thoroughly hot. Dish the pieces of fowl neatly on a hot dish and pour the sauce over and garnish with the tongue. This may be made with turkey.

CHICKEN CUTLETS. *For 5 or 6 persons.*
(*Côtelettes de Volaille.*) *Time—40 minutes.*

1 cold roast fowl; grated rind of ½ lemon; ½ carrot; 1½ ozs. of butter; fried parsley; 1 egg; a pinch of powdered mace; 1 bunch of herbs; 8 peppercorns; breadcrumbs; salt, pepper; 1 gill of white sauce (page 51); fried bread; ½ pint of stock.

Wash, scrape and cut the carrot into slices. Melt the butter, fry the carrot and herbs for about 10 minutes, then add rather more than ½ pint of stock made from the bones of the fowl, and simmer for 15 minutes, then strain. This makes the gravy for the cutlets. Divide the fowl into neat joints, removing any large pieces of bone.

Cut some pieces of bread exactly the same size as the pieces of fowl and fry them in hot fat. Drain well. Add the well-beaten egg to the white sauce, which should be rather thin, and stir over low heat until the egg thickens. Dip the cutlets of fowl into this, then coat them with the breadcrumbs, previously seasoned with mace, lemon rind, salt and pepper. Fry for 8 to 10 minutes in hot fat and drain on soft paper. *To Dish.*—Arrange each cutlet neatly on a croûte of fried bread and garnish with fried parsley. Hand the gravy.

RÉCHAUFFÉ OF FOWL.

Time—¼ *hour.*

(*Réchauffé de Poulet.*)

Remains of a roast or boiled fowl; a sprig of parsley; 1 oz. of flour; 1 egg; salt, pepper; ½ pint of gravy; 1 tablespoonful of walnut or mushroom ketchup; breadcrumbs; grate of nutmeg; 1 oz. of butter; 2 or 3 ozs. of dripping; 1 lemon.

Cut the fowl into neat joints, making two joints of each leg, and remove the skin. Mix some salt, pepper, nutmeg and finely minced parsley with the breadcrumbs. Brush the joints of fowl over with beaten egg and dip in the seasoned breadcrumbs. Repeat this if necessary. Melt 2 or 3 ozs. of dripping in a frying pan, put in the joints of fowl and brown both sides. Drain and keep hot. Melt the butter in a pan, add the flour, blend well, and brown. Add the stock or gravy. Stir until boiling, add the ketchup, and stir for five minutes. Season well. *To Dish.*—Arrange the pieces of fowl neatly in the centre of a hot dish and strain the gravy round. Garnish with slices of cut lemon. *Note.*—Cold turkey, pigeons or rabbits may be re-heated in this manner.

DUCK WITH GREEN PEAS.

Time—20 *to* 25 *minutes.*

(*Canard aux petits pois.*)

The remains of 1 or 2 cold roast ducks; ½ pint of gravy; peel of ½ lemon; 1 oz. of butter; 1 oz. of flour; salt, pepper; 1 lb. of shelled green peas; cayenne; mint.

Cut the ducks into neat pieces, remove the skin, sprinkle over a little cayenne, salt and pepper, and the grated peel of ½ lemon. Put the ducks into a stewpan or casserole, pour the gravy over and bring to the boil, then simmer very gently for about 15 to 20 minutes, but on no account let it boil or the ducks will become tough. Boil the peas in salted water with a sprig of mint, drain well, return to the pan, and stir in the butter rolled in the flour. Season well and stir until hot. *To Dish.*—Arrange the pieces of duck in a circle on a hot dish, the peas in the centre and pour the gravy round.

RAGOÛT OF DUCK.

For 3 *or* 4 *persons.*

Time—2 *to* 2½ *hours.*

(*Ragoût de Canard.*)

1 duck; 1 onion; 6 cloves; ½ lemon; ½ teaspoonful of salt; 1½ pints of stock or water; 12 allspice; 2 ozs. of butter or margarine; any remains of meat; 10 peppercorns; 1 oz. of flour; 1 tablespoonful of mushroom ketchup.

Pluck, draw, wash and truss the duck as for roasting, and half roast it for about 25 minutes. Cut it into neat joints, put it into a



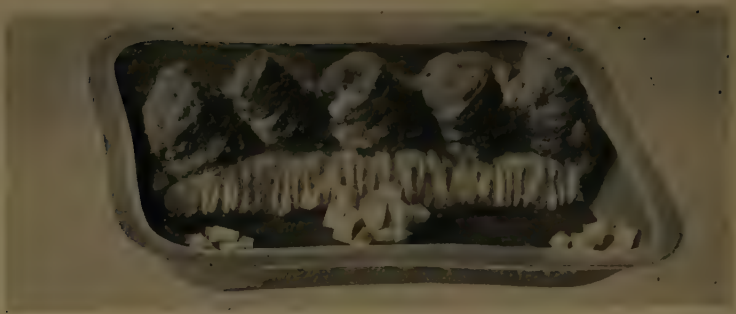
CUTTING LAMB CUTLETS. (*See page* 131.)

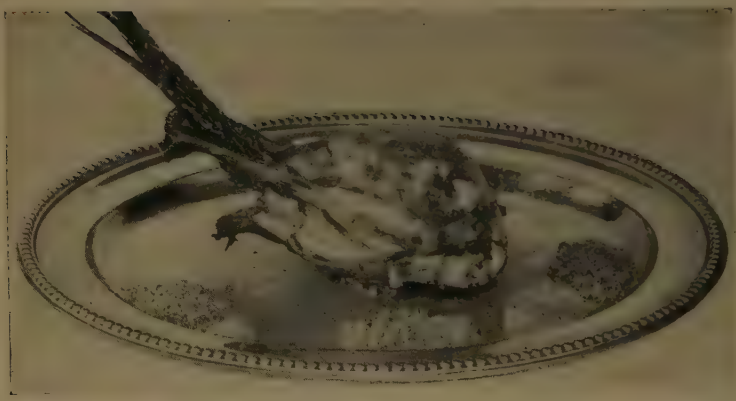


CUTTING MUTTON CHOPS. (*See page* 131.)



CUTTING FILLETS OF BEEF. (*See page* 127.)







VEAL OLIVES. (See page 137.) ROAST PHEASANT. (See page 204.)
MINCED VEAL AND MACARONI. (See page 157.)

casserole or pan with the stock and any trimmings of the meat, the peeled onion stuck with cloves, the allspice, peppercorns, salt, and very finely cut rind of ½ lemon. Bring to the boil, skim, then simmer very gently with the lid on the casserole either over very low heat or in the oven for about 1½ hours. Remove the pieces of duck and strain the gravy. Melt the butter in a small pan, add the flour and stir in the gravy gradually, boil up, add the juice of ½ lemon, the mushroom ketchup, and season to taste. Simmer for 10 minutes. *To Dish.*—Arrange the duck neatly on a hot dish and pour the gravy over. Garnish with cut lemon and parsley.

GOOSE A LA BOURGEOISE. *For 5 or 6 persons.*
(*Oie à la Bourgeoise.*) *Time*—1½ *hours.*

About 2 lbs. of cold cooked goose; 2 onions; ½ lb. of haricot beans; 1 gill of tomato sauce (page 53); breadcrumbs; ½ lb. of cooked ham; salt, pepper; 1 oz. of dripping or goose fat.

Soak the haricot beans overnight and put them into a pan with the water in which they were soaked. Bring to the boil and simmer gently until cooked, about 1 hour or more. Peel and chop the onions, melt the fat in a pan and, when hot, add the onions and brown a little. Add the tomato sauce, strain the beans and add about ½ pint of the water in which they were cooked to the onions and tomato. Season and simmer this for 5 or 6 minutes, return the beans to this sauce. Cut the ham into small pieces and cut the remains of the goose into neat joints. Put half the haricot mixture into a casserole, arrange the ham and goose on the top, and cover with the rest of the beans. Sprinkle with breadcrumbs and put a few pieces of fat here and there over the top and bake in a moderate oven for about 20 to 30 minutes. *To Dish.*—Serve in the casserole. *Note.*—Goose may be devilled according to the recipes for devilling turkey, and it also makes a good curry.

DEVILLED TURKEY LEGS. (PLATE 20). *For 4 persons.*
(*Cuisses de Dinde à la diable.*) *Time*—10 *to* 20 *minutes.*

The legs of a cold turkey; salad oil or butter; curry butter (page 62); salt, pepper, cayenne; parsley; ½ pint of brown sauce (page 50); a little meat extract.

Remove the skin, cut each leg into half at the joint and cut deep gashes in each portion. Rub the legs over with a little meat extract and fill the gashes with curry butter, sprinkle with salt, pepper and cayenne. Brush over with melted butter or salad oil, and grill over a clear fire, which should not, however, be too hot. *To Dish.*—Serve on a croûte of fried bread on a hot dish and garnish with parsley, and hand brown or mustard sauce (pages 50 and 57) and chutney. The legs of a fowl, goose or guineafowl may be devilled in the same manner.

FRIED TURKEY. *For 4 or 5 persons.*
(*Dinde frite.*) *Time—10 to 15 minutes.*

About 2 lbs. of cold cooked turkey; 1 egg; frying fat; breadcrumbs; salt, pepper.

Cut the remains of a turkey into neat joints. Remove the skin. Sprinkle the joints with salt and pepper, brush over with beaten egg, dip in breadcrumbs and fry in hot fat. *To Dish.*—Drain the joints on soft paper, serve on a dish paper on a hot dish, garnish with fried parsley, and hand brown or tomato sauce (pages 50 and 53). Any kind of poultry or game may be cooked in this manner and, if preferred, the joints may be dipped in frying batter.

RABBITS AND HARES.

CASSEROLE OF LEVERET. *For 4 or 5 persons.*
(*Levraut en Casserole.*) *Time—1 hour.*

1 leveret; 1 bunch of herbs; 2 ozs. of margarine; salt, pepper; 1 gill of milk; ½ lb. of mushrooms; 2 onions.

Peel and remove the greater part of the stalks from the mushrooms, wash and dry them in a cloth. Wash and wipe the leveret and cut it into small joints. Melt half the margarine in a pan, add the mushrooms and stir them over the fire until brown. Lift them out and add the remainder of the margarine. When hot, put in the leveret joints and brown a little. Add the peeled and sliced onions, salt and pepper. Put this into a casserole, cover and cook gently in the oven or over very low heat for 10 to 15 minutes, then add the hot milk, herbs and seasoning. Again cover the casserole and cook gently for ½ hour, or until the leveret is tender. About 10 minutes before serving, return the mushrooms to the pan and make hot. *To Dish.*—Remove the herbs and serve in the casserole.

FRICASSÉE OF RABBIT. *For 4 or 5 persons.*
(*Fricassée de Lapin.*) *Time—1 to 1½ hours.*

1 rabbit; 1 oz. of margarine or dripping; parsley; 2 ozs. of rice or pearl barley; 1 doz. button onions; 1 oz. of flour; ½ pint of stock; 3 ozs. of streaky bacon; Salt, pepper

Cut the rabbit into neat joints and soak them in water for about 15 minutes, drain and wipe. Remove the rind and rust from the bacon and cut it into strips. Peel the onions, melt the dripping in a pan or casserole, add the bacon and onions, and brown them very lightly. Lift them out and put in the rabbit joints and brown also. Stir in the flour and brown, then add the stock gradually. Stir until boiling, season well, and add the onion, bacon and gravy. Cover the pan or casserole and cook in the oven for about 1 to 1½ hours, or until the rabbit is tender. Wash the rice or barley, and add as soon as the mixture boils. If rice be used, it is only added the last ½ hour. When tender, dish the rabbit neatly in a circle on a hot dish, strain the gravy round and over, and fill the centre with the rice and

onions and bacon. Garnish with sprays of parsley. If barley be soaked overnight it cooks more quickly.

GAME.

PARTRIDGE HOT POT.

(Perdreaux en Casserole.)

For 4 or 5 persons.
Time—2 hours.

2 partridges; 6 oysters; 1 gill of stock; salt, pepper; ½ lb. of bacon; 1 shallot; ½ lb. of potatoes; cayenne; ½ lb. of calf's liver; 1 oz. of butter; breadcrumbs.

Bone the birds and cut them into neat joints. Remove the rind and rust from the bacon, cut it into slices; wipe the liver with a damp cloth wrung out in hot water, remove all piping and slice it. Peel and chop the shallot, wash, peel and cut the potatoes into round thin slices. Rub a hot pot dish or casserole with butter and put in a layer of partridge. Cover with a layer of bacon, liver and two or three oysters, from which the beards have been removed. Sprinkle with salt, pepper and cayenne and the chopped shallot. Continue these alternate layers until the ingredients are used up, keeping out sufficient potatoes to cover the hot pot. Pour in the stock, cover the top of the dish with sliced potatoes and pour over a little melted butter. The surface of the dish must be completely covered with potatoes. Sprinkle over browned breadcrumbs and cover with greased paper. Put into a moderate oven and bake for about 2 hours. *To Dish.*—Remove the paper and put the hot pot dish on to a paper on a dish and serve at once.

PARTRIDGE SOUFFLÉ.

(Soufflé de Perdrix.)

For 4 or 5 persons.
Time—1 to 1½ hours.

½ lb. of cooked partridge; 1 gill of brown stock; Espagnole sauce (page 50); cayenne; 1 oz.of butter; ½ gill of cream; 1 truffle, if possible; 1 oz. of flour; salt, pepper; 3 eggs.

Free the meat from skin and bone and weigh. Mince it finely, then pound it in a mortar. Make a panada, by melting the butter in a pan, add the flour and brown a little, stir in the stock, boil quickly until the mixture leaves the sides of the pan, cool a little, then add to the partridge and pound. Add the yolks of the eggs one by one and season well, and rub through a sieve. Whip the cream slightly and whip the whites of eggs to a stiff froth, stir both lightly to the mixture. Grease a plain soufflé mould. Tie a band of buttered paper round the top, and decorate the bottom of the mould with fancy shapes of truffle, fill with the partridge mixture and cover the mould with greased paper. Put it into a pan of boiling water on a rack or inverted plate, or something to keep the tin raised from the pan. Steam very gently for 1 to 1½ hours, or until the mixture is firm when pressed. *To Dish.*—Turn out on to a hot dish and pour round the sauce. Any kind of game may be made into a soufflé in this manner. If desired, hard-boiled white of an egg cut into fancy shapes may be used for decorating the mould in place of truffle.

SALMI OF COLD GAME.

(Salmi de Gibier.)

For 4 persons.
Time—40 *minutes.*

About 2 lbs. of any cold game, such as pheasant, partridge, grouse, or 2 kinds mixed; salt, pepper; 1 bunch of sweet herbs; ¾ pint of good stock; 1 shallot or small onion; 1 oz. of butter; 1 oz. of flour; ½ gill of port wine or claret; cayenne.

Melt the butter in a pan, add the flour, and brown, then stir in the stock gradually. Stir until boiling, add the port and the sliced shallot and herbs. Simmer gently for about ½ hour, skimming often. Cut the cooked game into very neat pieces, sprinkle them with salt, pepper and cayenne. Put them into the sauce and make hot without allowing it to boil. *To Dish.*—Arrange the game neatly on a hot dish, season the sauce and strain it over.

CURRIES

As it is impossible to buy all the ingredients used in India for making curry powder, a reliable brand of curry powder should be used, and curry paste gives an additional flavour. Saffron and turmeric are both obtainable in this country, and both green and red chillies can be procured. Tamarinds, which are always used in Indian curries, to give the slightly acid taste that helps to bring out the other flavours, can be bought in jars from most of the large stores.

A sour apple or a stick or two of rhubarb or pickled gherkins may be used in place of tamarinds. No one flavour should predominate in a well-made curry, which should really be delicate in flavour and not excessively hot.

Curry stimulates the appetite and aids digestion. Curry should always be served in a deep dish, never on a shallow one. If a proper dish is not available a vegetable dish may be used.

Almost anything may be curried—meat of any kind, poultry, game, eggs, fish and vegetables, cooked or uncooked.

All curries are made in the same way, but are altered by reducing or adding different ingredients. Garlic and green ginger are much used in Indian curries, but may be omitted where the flavour is disliked. Some curries are hotter than others, some are dry—that is, very little liquid is used with them.

Cocoanut water is added to most curries with stock or milk, or half of each. A spoonful or two of cream or unsweetened condensed milk improves the more delicate curries. Lemon juice is usually added, but vinegar or chilli vinegar may replace it.

In India and Ceylon, a vegetable curry is always handed with the meat curry. Curry powder is not used with it, but saffron or turmeric and cocoanut water and milk and onions give flavour. If cooked meats be used, they are added to the curry sauce after it is cooked and warmed through. Uncooked meats, of course, require cooking in the sauce.

The more oily fish, such as mackerel and herring, and salted or smoked fish do not curry well.

Fat should not be added to curry, as sufficient is used in the form of dripping or butter when making the sauce.

Boiled rice is always served with curries and various adjuncts are handed, such as chutney, Bombay ducks and cocoanut, and in India a "sambal". A "sambal" is usually made of dried or green chillies, Maldive fish (dried shark from the Maldive Islands), onions, cocoanut milk and so on. These ingredients are pounded and shaped into mounds on a small glass or china dish, and handed with the curry.

To make Cocoanut Water, either grate ¼ of a fresh cocoanut finely or use desiccated cocoanut. Cover 3 ozs. of grated cocoanut with 1 or 1½ gills of boiling water and leave until cold. Strain and use. *Note.*—Fresh cocoanut makes a more milky liquid than the desiccated cocoanut and, naturally, has a slightly better flavour.

In place of Maldive fish, strips of grilled or fried red herring may be used with good effect in curry.

Bombay ducks can be obtained in most large stores and can be prepared as follows :—Flatten them with a rolling pin (unless bought already flattened), brush them over with oiled butter, and grill or bake them in the oven.

MEATS, ETC., WHICH CURRY WELL.

MEAT	FISH
Beef	All white fish
Mutton	Salmon
Lamb	Lobsters
Veal	Prawns
Lean pork	Shrimps
Fowls	Oysters
Pigeons	
Rabbits	
Hare	
Turkeys	
Game of any kind	

Geese and ducks do not curry as well as white poultry, as they are inclined to be rather oily.

TO BOIL RICE FOR CURRY.

(*Patna Rice.*) *Time*—15 *to* 25 *minutes to boil.*

Patna rice is the best for curry, the next best being Rangoon. Carolina rice is too starchy for curries. Wash the rice in several waters, to remove the loose starch. Drain and put it into a large pan of boiling salted water, and boil fast for 15 to 20 minutes, or until the rice feels tender if pinched between the finger and thumb. On no account let the rice boil too soft and become mashy. When ready, pour in some cold water, then strain through a fine colander

or a sieve, rinse out the pan and return the rice to it. Cover with a clean cloth and put it on the hot plate or at the side of the stove and let it dry and re-heat. Stir often with a fork. Each grain, should be separate. Serve piled up in a hot vegetable dish.

CURRIED BEEF BALLS.

(Boulettes de Kari.)

For 4 or 5 persons.
Time—20 to 30 minutes.

1 lb. of beef; 1 clove of garlic; 1 onion; 1 oz. of flour; salt, pepper; ½ pint of stock; 1 egg; 1 tablespoonful of curry powder; 1 apple; 1 teaspoonful of lemon juice; 1 tablespoonful of cream; ½ teaspoonful of green ginger; 2½ ozs. of dripping; 1 gill of cocoanut water (page 163); boiled rice; chutney.

Free the meat from skin, fat and bone, and put it through a mincer. Chop the ginger and garlic finely and add them to the meat. Season with salt and pepper, and bind with a beaten egg and a spoonful of stock if too dry. Mix well and form into balls the size of a large marble. Melt the dripping in a pan and fry the beef balls brown. Remove them and drain on paper. Add the peeled and minced onion to the dripping and brown it, then add the flour and curry powder and brown; stir in the stock and cocoanut water and the peeled, cored and chopped apple. Stir until boiling and add the beef balls; simmer very gently for 20 minutes, but be careful not to break the balls. Add the cream, lemon juice and salt, if necessary. *To Dish.*—Serve in a hot curry or vegetable dish and hand boiled rice and chutney separately. Any kind of meat, poultry or game may be curried in this manner. Milk may be substituted for cream.

CURRY OF COLD ROAST BEEF.

(Réchauffé de Bœuf en Kari.)

For 3 or 4 persons.
Time—10 or 12 minutes.

½lb. of cold beef; 1 dessertspoonful of curry powder; salt; ½ lemon; 2 ozs. of butter or margarine; ½ pint of stock; 1 apple; boiled rice; 1 onion; 1 oz. of flour; 1 gill of cocoanut water (page 163); chutney.

Cut the beef into rather small square pieces, mince the onion and fry it a nice brown in the butter in a stewpan. Add the flour and curry powder and stir for a few minutes, then add the stock, and stir until boiling. Put in the meat, the peeled, cored and chopped apple, the cocoanut water and a little salt. Simmer gently for ½ hour, then add the juice of ½ a lemon. *To Dish.*—Serve in a curry dish or a vegetable dish. Hand boiled rice, chutney and grated cocoanut, or Bombay ducks, if obtainable.

CABBAGE CURRY.

(Kari de Chou.)

For 3 or 4 persons.
Time—30 minutes.

½ small cabbage; 1 gill of cocoanut water (page 163); a pinch of cayenne; ¼ oz. of turmeric; 1 tablespoonful of chopped ham or tongue; ¾ pint of stock; salt; lemon juice; 1 onion.

Trim the cabbage and wash it very well, cutting away the greater part of the stalk, then cut it into very thin cross slices. Wash,

drain and put it into a pan with the boiling stock and cocoanut water, and boil until half done. Add the turmeric, ham, sliced onion, and salt to taste, and continue to simmer until the cabbage and onion are quite soft. Add the cayenne and lemon juice and, if too dry, a little milk. Any vegetable can be curried in this manner.

French beans are sliced as for boiling.

Spinach should be parboiled, cooking it in the usual manner as when boiling it.

Turnips, carrots, vegetable marrow and **cucumber** are peeled, and cut into dice.

Onions may be curried alone if peeled and sliced. The best onions for currying are the button onions, in which case they are left whole.

Cauliflower is parboiled and then broken into pieces.

Haricot beans and **lentils** make delicious curries. Haricot beans are soaked overnight and boiled until soft. They are then mixed with a curry sauce and served with boiled rice.

CHICKEN CURRY.

(*Kari de Volaille.*)

For 4 or 5 persons.
Time—¾ hour.

1 chicken; 1 onion; 1 apple; ¾ pint of stock; 1 oz. of flour; 1 gill of cocoanut water (page 163); 2½ ozs. of clarified butter or margarine; ½ lemon; salt; 1 tablespoonful of curry powder; 1 dessertspoonful of curry paste; boiled rice; chutney; grated cocoanut.

Divide the chicken into neat joints. Melt the butter in a pan, put in the joints of chicken and brown them lightly. Take them out and put them on to a plate. Peel and chop the onion and fry brown, then add the flour and curry powder and fry for 4 or 5 minutes, stirring all the time. Add the curry paste and gradually stir in the stock and cocoanut water. Stir until boiling, add the chicken, the peeled, cored and chopped apple, and a little salt. Cover the pan and simmer gently for about ½ hour, or until the chicken is tender. Add the lemon juice. *To Dish.*—Serve in a vegetable dish, and hand boiled rice, chutney and grated cocoanut.

CURRIED EGGS.

(*Kari d'œufs.*)

For 4 or 5 persons.
Time—15 to 20 minutes.

6 hard-boiled eggs; 1 tablespoonful of arrowroot; 1 tablespoonful of curry powder; 1 onion; ½ pint of milk; ½ pint of cocoanut water (page 163); salt, boiled rice; 1 tablespoonful of chopped ham or corned beef; lemon juice; 1 oz. of butter; chutney.

Boil the eggs hard and put them into cold water until required. Peel and mince the onion. Melt the butter in a pan, add the onion and fry. Add the curry powder and arrowroot and fry without browning. Add the ham or corned beef and stir for a few minutes then gradually stir in the milk and cocoanut water. Stir until boiling, then simmer for 10 minutes. Add salt, and if

liked, a little cayenne pepper and a few drops of lemon juice. Peel the eggs and cut them in quarters. Keep back a few quarters for garnish and mix the rest with the curry sauce. Make hot. *To Dish.*—Arrange some boiled rice in a circle on a hot dish, put the curried eggs in the centre and place the remainder of the sliced eggs just inside the border of rice on the top of the curry. Hand chutney or strips of fried herring. *Note.*—Another method of serving curried eggs is to put a little of the curry into individual egg pipkins; place a slice of hard-boiled egg on the top of each and arrange a border of rice round.

CURRIED FISH. (*Kari de Poisson*). See page 118.

CURRIED LENTILS. *For 4 persons.*
(*Kari de Lentilles.*) *Time—About 1 hour.*

1 lb. of red lentils; 1½ pints of stock; 3 ozs. of dripping; salt; 2 onions; ½ pint of cocoanut water (page 163); 1 tablespoonful of curry powder; 1 apple; boiled rice.

Wash the lentils, peel and mince the onions. Melt the fat in a pan, add the onions and fry them pale brown. Add the curry powder and fry for 5 minutes, stirring well, then add the lentils, stir over the fire until thoroughly incorporated with the fat and curry powder, then add the stock and cocoanut water. Stir until boiling, add the chopped apple and salt, then simmer very gently for about ¾ hour, or until the lentils are soft. *To Dish.*—Serve in a hot curry or vegetable dish, and hand boiled rice.

A REAL INDIAN PILAU. *For 5 persons.*
(*Pilau à l'Indienne.*) *Time—About 1 hour.*

1 fowl; 1 onion; 3 ozs. of dripping or butter; 2 ozs. of almonds; 4 or 5 cloves; ¾ lb. of rice; 2 ozs. of raisins; a very small piece of cinnamon; 2 hard-boiled eggs; 2 shallots.

Boil the fowl in water to cover, but do not overcook it. Drain. Peel and slice the onion. Pound the cinnamon and cloves a little and tie them in muslin. Melt the dripping in a pan, add the onion and fry. Wash the rice in several waters, drain and dry, then add it to the dripping, and fry a little without browning. Stir well all the time. Add the water in which the fowl was boiled and the bag of spices and simmer until the rice is soft, adding more water or stock if it becomes absorbed before the rice is cooked. When the rice is half cooked, put the fowl in the middle of it and simmer until both rice and fowl are cooked and the rice has absorbed all the water. Take out the fowl and cut it into joints, and keep hot. Dish the rice in a pyramid on a hot dish and put the fowl round it. Garnish with the hard-boiled eggs cut into slices, the almonds blanched and fried, and the raisins and sliced shallots, each fried separately. Sprinkle the fried ingredients over the top of the pilau. *Note.*—The joints of the fowl are sometimes fried also.

COLD SERVICE DISHES

Recipes for Cold Entrées—Buffet, Ball and Supper dishes made with fish, meat, poultry and game.

This is the most decorative branch of cookery, as all cold dishes which figure largely at festive occasions, such as ball suppers, wedding breakfasts, and banquets, must present an effective appearance and should be artistically decorated and served.

Cold sausages, aspic jelly, aspic creams, glaze and mayonnaise sauce are largely used with cold entrées. Various vegetables are pressed into service as garnish, such as truffles, beetroots, tomatoes, chillies, the skins of cucumbers, gherkins, capers, green peas, French beans, small saladings, parsley and chervil. Other garnishes are made with pistachio nuts, almonds, hard-boiled eggs, fancy butters and whipped cream. Fancifully cut pieces of ham and tongue are also decorative.

In addition to these, fish dishes are decorated with shrimps, prawns, crayfish, mussels, oysters and lobster coral.

Dishes suitable for cold luncheons, suppers, balls and wedding breakfasts may be found in other parts of the book and include:

Pressed Beef	Boiled Ham	Cold Ox Tongue
Spiced Beef	Brisket of Beef	(glazed or unglazed)
Boiled Tongue	York Ham	

Any kind of cold pie, such as—

Hare	Veal and Ham	Game
Rabbit	Pork	Chicken
Pigeon		

Any Poultry or Game roasted whole, eaten cold and served with salad

Cold Roast Beef	Boiled Beef	Brawn
Cold Veal	Boiled Salt Beef	

FISH.

TIMBALE OF COD.

(*Timbale de Cabillaud.*)

For 4 or 5 persons.
Time—1 *to 2 hours to set.*

½ lb. of cooked cod; 1 tablespoonful of chutney; ½ pint of aspic jelly (page 66); 2 ozs. of cooked rice; 8 prawns; 1 lemon; 1 tablespoonful of good brown sauce; 2 teaspoonsful of anchovy essence; ½ oz. of gelatine; salt, cayenne; 1 hard-boiled egg.

Free the fish from skin and bone and flake it finely. Mix the anchovy essence, chutney, brown sauce and a few drops of lemon

juice together. Add the flaked fish and rice, season well with salt and cayenne. Melt the gelatine in a very little water and strain it to the mixture. Rinse a timbale mould out in cold water, line it with the aspic jelly, and when this has set decorate the mould with the prawns, and fancy shapes cut from the hard-boiled white of an egg. Set the decorations with a little more jelly and, when set, add the remainder of the aspic to the fish mixture and put all into the mould. Leave in a very cold place or on ice until set. *To Dish.*—Turn the mould out carefully on to an entrée dish and garnish with fancy shapes of aspic or with small salad. *Note.*—This may be made with any cold cooked white fish or with salmon. If liked, 2 ozs. of cooked and chopped macaroni may be used instead of rice.

LOBSTER IN ASPIC. *For about 8 moulds.*
(*Homard en Aspic.*) ***Time*—1 *hour to make.***

1 cooked lobster; chervil; 2 hard-boiled eggs; parsley; 1 pint of aspic jelly (page 66); chillies.

Rinse out some small moulds and set a little aspic jelly at the bottom. Decorate with slices of the hard-boiled egg or with a little chervil or chopped parsley, or with fancy shapes cut from chilli skins. Sprinkle a little lobster coral over the decorations and set with a little more aspic. Split the lobster and remove the meat, cut this into dice and, when the decorations are set, fill the moulds with alternate slices of lobster and hard-boiled egg. Set each layer with aspic jelly and, when set, arrange another layer of the lobster, etc. Continue these alternate layers of lobster meat and aspic until the mould is full, but the last layer must be aspic. Place on ice or in a very cold place until required. *To Dish.*—Turn out on to an entrée dish in a circle and fill the centre with a little green salad dressed with mayonnaise, or an oil and vinegar dressing, and serve. Shrimps or prawns may be set in aspic in this manner.

LOBSTER CUTLETS. *For 6 moulds.*
(*Côtelettes d'Homard*). ***Time*—1 *hour to make.***

1 cooked lobster; 1 oz. of shrimp butter (page 62); nutmeg; 2 anchovies; 1 pint of aspic jelly (page 66); ½ oz. of gelatine; cooked green peas; salt, pepper; ½ gill of thick tomato sauce; parsley.

Cut the lobster open and remove the meat, taking also the meat from the claws, and cut it into very neat slices. Melt the gelatine in a tablespoonful of water and stir it into the aspic, then add the tomato sauce and mix well. Leave until cold, then line some wetted cutlet moulds with plain aspic jelly. Let this set and decorate the moulds with cooked green peas or with fancy shapes cut from chilli skins or hard-boiled white of egg. Set the decorations with a little more aspic and, when set, coat the moulds with the tomato aspic. Fill the moulds up with pieces of lobster and chopped anchovies,

sprinkle with salt, pepper and nutmeg, and pour over a little more tomato aspic. Leave in a cold place to set. *To Dish.*—Turn out when set and dish neatly on a bed of salad on a cold dish. Garnish with chopped aspic and little sprays of parsley. Crab shrimps or prawns may be made into cutlets according to this recipe.

LOBSTER MAYONNAISE OR SALAD. (PLATE 12). *For 4 persons.*
(*Mayonnaise d'Homard.*) *Time—About 20 minutes to make.*

1 cooked lobster; 1 hard-boiled egg; mayonnaise sauce (page 58); 2 anchovy fillets; 2 tablespoonsful of capers; 1 or 2 lettuces; 1 beetroot.

Split the lobster in half lengthways, remove all the meat, keep back any coral for decoration, and take the meat from the claws as whole as possible. Cut the rest of the meat into neat pieces. Wash and dry the lettuce very well and break the leaves into pieces, keep back the heart. Line a salad bowl with the larger pieces of lettuce, put the lobster meat and some shredded lettuce into a basin and coat them with mayonnaise sauce. Mix this well and pile it in a heap in the centre of the salad bowl. Pour over some mayonnaise sauce and decorate with the pieces of claws and quarters of the hard-boiled egg. Cut the anchovy fillets into strips, and decorate the edges of the salad with capers and fancy shapes of beetroot and the strips of anchovy. Sprinkle the lobster coral over all and serve very cold. This may be decorated also with the head and claws of the lobster.

LOBSTER MOUSSE. *For 4 persons.*
(*Mousse d'Homard.*) *Time—2 hours to freeze.*

1 cooked lobster; 1 gill of aspic jelly (page 66); 2 or 3 leaves of gelatine; 1 gill of cream; 1 gill of mayonnaise sauce (page 58); 1 gill of white sauce (page 51); salt, pepper.

Split the lobster and remove all the meat from the shell and claws, chop it finely, make the sauce hot, stir the lobster into it, season well and bring slowly to the boil, then cool slightly. Dissolve the gelatine in the aspic and stir it into the lobster mixture and allow all to become cold. When cold, mix in the mayonnaise carefully, whip the cream and add. Season if necessary. When quite cold, fasten a band of paper round a china soufflé mould, reaching two or three inches above the top. Put the prepared lobster mixture into the mould and put it into a refrigerator or ice box to set. Should no refrigerator be at hand, a large biscuit tin may be charged with crushed ice and salt, and the mould placed in the centre. Care must be taken not to allow the salt to reach above the mould, or it may penetrate into the mixture. Do not freeze this mixture too stiffly; it should only be half frozen. *To Dish.*—Remove the mould from the ice box, take away the paper, sprinkle the top of the mousse with lobster coral and serve at once.

MAYONNAISE OF WHOLE SALMON. (PLATE 12). *For 25 persons.*
(*Mayonnaise de Saumon.*) *Time*—20 *to* 30 *minutes to dress.*

1 small whole salmon (8 lbs.); cucumber and chilli skins; small salad; 1 pint of mayonnaise sauce (page 58); aspic jelly (page 66); 2 hard-boiled eggs; truffle.

Cook the salmon very carefully in a court bouillon (page 96). Drain very well and then place it on a cloth to absorb all the moisture possible. Arrange it carefully on a dish sufficiently large to hold the salmon comfortably and coat with mayonnaise sauce. Leave in a very cold place for the sauce to set, then pour over some cold and nearly setting aspic jelly. When this has set, decorate down the centre of the salad with conventional designs cut from cucumber and chilli skins and from truffle. Decorate the sides of the salmon also. Set the decorations with a little aspic and leave until quite cold. Another pleasing decoration is a spray of flowers. The stems and leaves could be cut from cucumber skin, the petals from chilli skins, a small spot of the yolk of egg forming the centre of the flower. A border of small leaves cut from the cucumber skin could be placed round the edge of the salmon, if desired. When the decorations are set, wipe the edges of the dish very carefully and garnish with quarters of hard-boiled egg or with a little chopped aspic. Hand a suitable salad. If liked, the mayonnaise sauce may be coloured green with a little green colouring. In this case the decorations should be made with the hard-boiled white of egg or truffle or with blanched and split almonds. Shredded almonds form a very pretty marguerite. Should the cucumber skins be darker than the mayonnaise, they will show up very well if used for decorations. Red mayonnaise made with purée of tomatoes, added to the mayonnaise sauce, also makes a pretty coating for the salmon, using decorations that will contrast well with the colour. **Salmon mayonnaise or salad** may be made with cold cooked salmon broken into small pieces, mixed with lettuce, and coated with mayonnaise. Garnish with hard-boiled egg, and mustard and cress.

MEAT.

COLD FILLETS OF BEEF. *For 6 persons.*
(*Filets de Bœuf froids.*) *Time*—8 *to* 10 *minutes.*

2 lbs. of fillet of beef; 1 turnip; glaze; watercress; 1 pint of aspic jelly; 2 ozs. of clarified dripping; Russian salad (page 225); 1 gill of mayonnaise sauce (page 58); 1 onion; 1 carrot; 1 bunch of herbs; horseradish; 1 tablespoonful of cream; salt, pepper.

Remove all skin and superfluous fat from the meat and cut it into slices about 2 inches thick, 3 inches long and 1½ inches wide, or if preferred cut it into rounds. Flatten the slices with a cutlet bat or a broad knife, trim neatly. Wash, peel and cut the vegetables into slices, melt the dripping in a pan, put in the vegetables and herbs, and fry pale brown. Add the fillets and brown nicely on both sides, turning often. They take from 8 to 10 minutes

to cook. Sprinkle with salt and pepper, place them on a dish and brush them over while hot with glaze, then leave until cold. Have ready some rather stiff mayonnaise mixed with the cream, and when the fillets are cold coat them with this. Leave on ice or in a very cold place until set. Put the aspic jelly into a small border mould and leave until set. *To Dish.*—Turn out the aspic jelly in the centre of a cold dish, arrange the fillets on the top of the mould, fill the centre with the Russian salad and decorate with a few sprays of watercress. Hand more Russian salad if desired. Put a small piece of grated horseradish between each fillet.

GALANTINE OF BEEF. (PLATE 19). *For 8 or 9 persons.*
(*Galantine de Bœuf.*) *Time—2½ hours.*

1½ lbs. of lean beef; 1 tablespoonful of chopped parsley; salt, pepper; ½ lb. of bacon; ½ teaspoonful of chopped thyme and marjoram mixed; 6 ozs. of breadcrumbs; 1½ gills of stock; 2 eggs; glaze (page 47).

Remove all skin and gristle from the beef, and either chop it finely or put it through a mincer. Remove all rust and rind from the bacon, and cut it into dice, mix with the meat, together with the breadcrumbs, parsley and herbs. Season rather highly. Beat up the eggs with the stock and add. Mix all very thoroughly, then tie in a scalded floured pudding cloth, shape as much like a roly-poly as possible. Tie up the ends and put in a pan of boiling water or stock and boil gently for 2½ hours. It is advisable to put a plate or something under the roll in case it should stick to the bottom of the pan. When cooked, untie the cloth and tie it up again very tightly, as it generally becomes loose while boiling, and press the galantine between two boards or dishes, with a weight on the top, until cold. When cold, remove the cloth, trim the ends of the galantine and brush it over with glaze. It may require two or three coats of glaze, in which case each coat must be dry before the next is put on. Decorate with butter put through a forcer or with pâtes d'Italie (small fancy shapes of nouille paste) or it may be decorated, if liked, with leaves of aspic jelly. *To Dish.*—Place the galantine on a lace paper on a dish and decorate it with small salad or chopped aspic, and hand a suitable salad.

MUTTON CUTLETS EN CHAUDFROID. (PLATE 11). *For 8 persons.*
(*Chaudfroid de Côtelettes.*) *Time—1 hour 20 minutes to cook.*

3 lbs. of the best end of neck of mutton; aspic jelly (page 66); green pea purée (page 216); 1 small jar of foie gras; ½ pint of tomato sauce (page 53); green colouring; ½ oz. of gelatine; 1 pint of white sauce (page 51); salt, pepper; salad.

Cut off the long rib bones of the mutton and remove the chine bone. Take away all skin and superfluous fat and braise the joint. Let it become cold, then cut it into neat cutlets. Trim these,

cutting the bones quite short, and leaving very little fat on the cutlets. Sprinkle with salt and pepper and cover one side with the foie gras. See that the bones all turn the same way. Place them on a wire tray or dish with the coated side uppermost. Melt the gelatine in 1 gill of water and add half of this to the tomato sauce, and the remainder to the white sauce. Divide the white sauce into 2 basins and colour one green. When cool, coat the cutlets with the 3 coloured sauces, allowing an equal number of each colour, and leave them to set. When set, pour over a thin layer of aspic jelly with a spoon and let this get cold. *To Dish.*—Force out one or two lines of green pea purée on a dish and arrange the cutlets neatly on this, leaning up against each other with the colours alternating. Place frills on the cutlet bones and garnish with chopped aspic or small salad and serve with any salad liked. *Note.*—If liked, two colours only may be used for this, or one colour alone, but this is a matter of individual taste. Lamb and veal cutlets may be cooked and served in the same manner.

VEAL CAKE. (PLATE 19) *For 4 or 5 persons.*
(*Gâteau de Veau.*) *Time—2 hours.*

1½ lbs. of lean veal; 1 teaspoonful of grated lemon rind; ½ pint of water; 4 ozs. of cooked ham or bacon; 1 gill of white stock; ½ oz. of gelatine; 1 tablespoonful of chopped parsley; 2 hard-boiled eggs; salt, pepper.

Remove all skin and fat from the veal and cut it into even sized dice. Cut the ham into dice also. Shell the eggs and cut them into rings. Slightly grease a soufflé tin or round cake tin, and decorate the bottom with the pieces of egg. Put in a layer of meat, then a layer of ham, sprinkle with chopped parsley, salt, pepper and a little of the lemon rind, and any pieces of egg remaining. Continue these layers until the meat is finished, then pour in gently sufficient cold water to nearly fill the tin. Cover with greased paper, put the tin on a baking sheet and bake in a fairly hot oven for 1 hour, then lower the heat and continue cooking for another hour. Dissolve the gelatine in the gill of white stock (or water), and when the veal is cooked pour this in gently and leave in a cold place until set. *To Dish.*—Turn out on to a cold dish and garnish with parsley or watercress. *Note.*—**Rabbit Cake** may be made in the same manner, cutting all the meat from the rabbit bones.

VEAL CREAM. *For 8 or 9 persons.*
(*Crèmes de Veau.*) *Time—½ hour to make.*

½ lb. of cooked veal; 1 gill of aspic jelly (page 66); mayonnaise sauce (page 58); ½ lb. of tomatoes; the whites of one or two eggs; 3 ozs. of cooked ham; 1 gill of cream; salt; ½ oz. of gelatine; 10 peppercorns; 1½ gills of Béchamel sauce (page 50); salad; ½ pint of water; 2 cloves.

Put the water, gelatine, peppercorns, cloves and salt into a pan. Wipe the tomatoes, remove the stalks and cut the tomatoes

into slices. Add these to the water. Put in the whites of the eggs and whisk all over low heat until almost boiling. Boil up, then draw the pan to the side of the fire and let it barely simmer for about 20 minutes. Strain through a jelly bag or a clean scalded cloth tied on to the legs of an inverted chair, and leave until cold. Have ready 8 to 10 small moulds rinsed out in cold water, and coat them with some of the tomato jelly. Put the veal and ham through a mincing machine, pound them in a mortar, add the sauce and pound also. Add the aspic jelly, which should be rather thick, and season well. Whip the cream and stir it lightly to the mixture, and put it into the prepared moulds. Pour a little more tomato jelly over the top and leave the moulds on ice or in a cold place. *To Dish.*—Turn the moulds out on to a bed of salad on an entrée dish and hand a green salad dressed with mayonnaise. *Note.*—If liked, tongue may be used in place of ham, and rabbit, fowl or turkey may be made into creams in the same manner. In place of the tomato jelly, the mould may be coated with aspic jelly or aspic mixed with cream or white chaudfroid sauce (page 58).

GALANTINE OF VEAL AND HAM. *For 8 to 10 persons.*
(*Galantine de Veau.*) *Time—3 to 3½ hours.*

4 lbs. of breast of veal; 1 oz. of pistachio nuts; 2 dozen peppercorns; salt, pepper; 3 lbs. of sausage meat; 1 carrot; 4 cloves; 2 blades of mace; ½ teaspoonful of ground allspice; 1 lb. of ham; ½ lb. of fat bacon; 1 onion; 1 bunch of herbs; water; glaze (page 47).

Bone the breast of veal, remove all fat and gristle, and lay it flat on a table, skin side downwards. Cut 9 or 10 small incisions in it without cutting right through the meat. Season the sausage meat with salt, pepper and the allspice and spread it over the veal. Cut the ham and fat bacon into strips. Blanch the pistachio nuts and cut into strips which spread over the sausage meat with the ham, and bacon in alternate rows. Roll the veal up tightly and sew it up or tie it round with tape. Put it into a scalded cloth, and place it in a stewpan with the bones and trimmings of the veal, the washed and peeled vegetables, cloves, bunch of herbs, peppercorns and mace. Add a little salt and cover with water, bring to the boil, skim, then simmer for 3 hours. Take up the galantine, and tie it up tighter, put it between 2 dishes or boards with a weight on the top and leave until cold. When cold, remove the galantine from the cloth, trim the ends and brush it over with glaze. Decorate with leaves of aspic jelly or butter put through a forcer or fancy shapes of truffle or white of egg. *To Dish.*—Dish on a cold dish and garnish with parsley or a small salad, and hand any salad desired. *Note.*—The liquor in which the galantine was cooked may be used as stock for making soups, sauces or aspic jelly. If preferred this galantine may be coated with white chaudfroid sauce(page 58), according to the directions for Galantine of Chicken (page 176).

HAM MOUSSE. *For 4 persons.*
(*Mousse de Jambon.*) *Time—20 minutes to make.*

¾ lb. of cooked lean ham; salt, pepper; ¾ pint of Espagnole or brown sauce (page 50); ¼ pint of cream; ¾ oz. of gelatine; ¼ gill of stock; cochineal; aspic jelly.

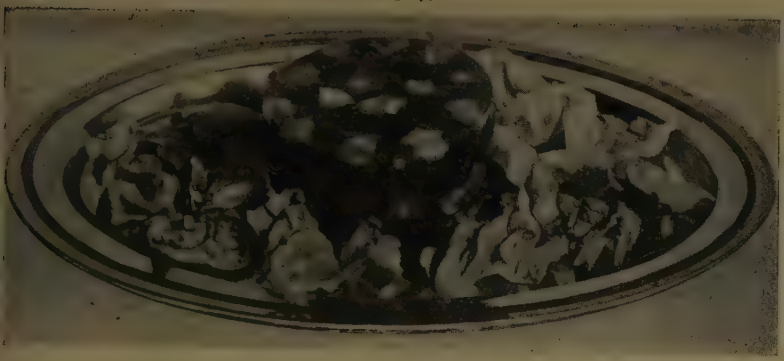
Mince the ham, then pound it in a mortar, adding the cold sauce by degrees, rub through a wire sieve. Whip the cream slightly and stir it into the pounded mixture gradually, season and add a pinch of nutmeg. Melt the gelatine in ½ gill of stock and strain it into the ham mixture. Colour pale pink with a few drops of of cochineal and put all into a china or silver soufflé dish with a band of white paper reaching 2 or 3 inches above the dish, fastened round the outside. There should be sufficient mixture to fill the mould and reach half-way up the paper. Smooth the top and put it in a very cold place to set. When cold, the dish may be garnished with fancy shapes cut from the white of a hard-boiled egg, truffle or even with chopped parsley. If liked, a spoonful of cold but liquid aspic jelly may be poured over the decorations. *To Serve.*—Remove the paper very carefully and serve the mousse in the mould on an entrée dish. A mousse of tongue may be made in the same manner.

RABBIT.

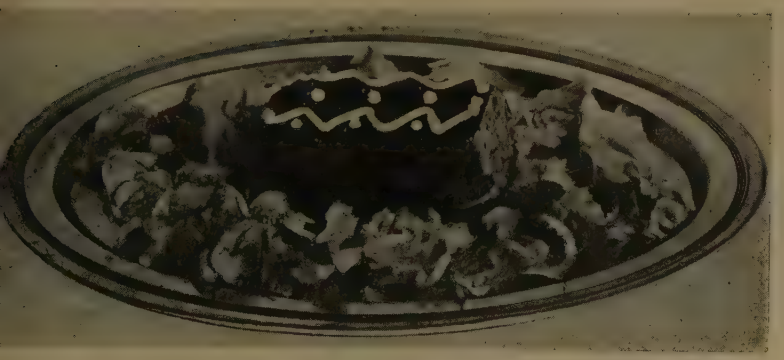
GALANTINE OF RABBIT. *For 6 or 7 persons.*
(*Galantine de Lapin.*) *Time—3 hours.*

1 rabbit; 1 dessertspoonful of chopped parsley; 6 ozs. of breadcrumbs; flavouring vegetables; ½ lb. of fat bacon; 1 teaspoonful of chopped mixed herbs; salt, pepper; 4 ozs. of ham; 2 eggs; 1 gill of stock; ¼ teaspoonful of grated nutmeg; bunch of herbs; glaze or white chaudfroid sauce (page 58).

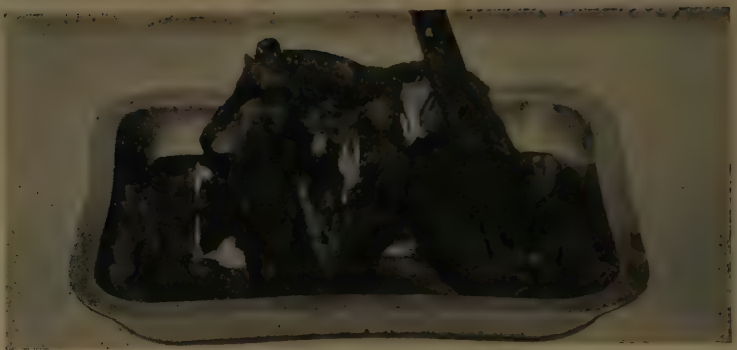
Wash the rabbit well and soak it for about ½ hour in cold water. Drain and dry. Cut all the meat from the bones and chop it finely or put it through a mincer. Remove all rind and rust from the bacon and mince it with the rabbit and ham. Mix together with the breadcrumbs, parsley, herbs, nutmegs, salt and pepper. Beat up 2 eggs, add 1 gill of stock and stir this into the dry ingredients. Mix very well and shape it into a roll. Tie in a scalded cloth. Put the bones and trimmings of the rabbit with some flavouring vegetables and the bunch of herbs into a saucepan, place the galantine on the top and cover with water. Add a little salt, bring to the boil, skim and simmer very gently for 3 hours. When cooked, remove the galantine, tie the cloth tighter and place it between two dishes with a weight on the top, and leave until cold. Remove the cloth, and trim the ends of the galantine. Brush it over with glaze or with white chaudfroid sauce. Decorate to taste with parsley, if glazed, or with fancy shapes of beetroot or cucumber skins if coated with chaudfroid sauce. *To Dish.*—Serve on a cold dish

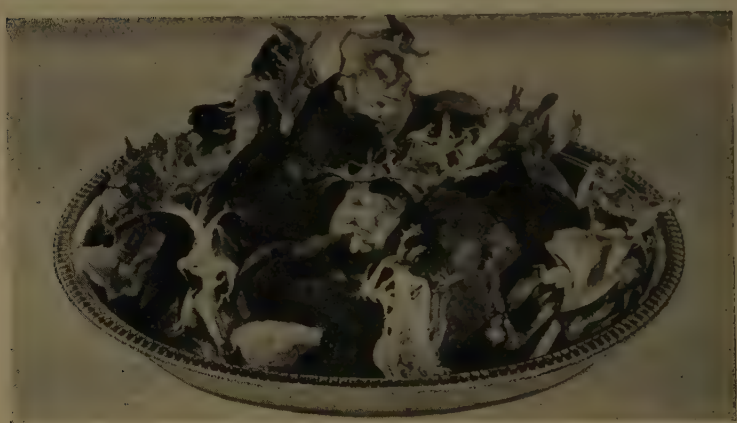






VEAL CAKE. (*See page* 172.) SAUSAGE ROLLS. (*See page* 242.)
GALANTINE OF BEEF. (*See page* 171.)







SALMI OF DUCK. (*See page* 141.) CHICKEN SALAD. (*See page* 223.)
DEVILLED TURKEY LEGS (*See page* 159.)

and garnish with parsley or small salad and hand any salad liked. *Note.*—4 ozs. of boiled rice may be used in place of breadcrumbs if liked.

POULTRY.

CHAUDFROID OF CHICKEN. (PLATE 11). *For 5 or 6 persons.*
(*Chaudfroid de Volaille.*) *Time*—1½ *hours to cook the fowl.*

1 fowl; aspic jelly; 1 pint of white stock; truffles, or chilli skins or beetroot; 1 pint of white chaudfroid sauce (page 58); salad.

Truss the fowl for boiling (page 194), wrap in greased paper and boil until tender in the white stock. Take it up, remove the skin and let the fowl become cold. Have ready some cold chaudfroid sauce and pour it over the fowl so that it is completely coated with the sauce. Cut the truffle, beetroot, or chilli skins into fancy shapes such as small crescents, spots (cut out with a small spot cutter), diamonds, etc. These may be arranged in a fancy device on the breast of the fowl, using only one colour or two colours mixed as desired. Pour a little cold but liquid aspic jelly very carefully with a spoon over the fowl, taking care not to displace the decorations, and allow this to set. *To Dish.*—Dish the fowl on a bed of light salad and garnish with chopped aspic. Serve any salad desired separately. If preferred, the chicken may be cut into joints, each joint being coated with chaudfroid sauce, decorated to taste, and then coated with aspic. Cooked turkey and pheasant may be treated in the same manner.

CHICKEN CREAM. *For 6 to 8 persons.*
(*Crème de Volaille.*) *Time*—10 *minutes to cook the tomatoes.*

½ lb. of cooked chicken weighed after removing the bones; ½ oz. of butter; ½ lb. of tomatoes; 1 gill of cream; aspic jelly; salt, pepper; 2 ozs. of ham; ½ gill of white sauce (page 51); parsley or chervil.

Melt the butter in a pan, wipe the tomatoes, slice them and cook them in the butter, season with salt and pepper, and rub them through a wire sieve. Stir in 3 tablespoonsful of stiff aspic jelly. Remove all the bones from the fowl and weigh the meat. Chop it coarsely, then pound in a mortar with the ham until quite soft and smooth. Rub through a sieve, mix with the white sauce and about 2 tablespoonsful of stiff aspic. Season well, whip the cream and stir it in lightly. Have ready about 8 small moulds rinsed out in cold water, put a little aspic jelly in each and allow it to set. When the tomato purée is quite cold and nearly setting, line the moulds with it, turning them round and round on ice. Then fill them up with the chicken purée. The moulds should be quite full and left on ice or in a cold place to set. *To Dish.*—Turn out the moulds on to a silver entrée dish and garnish with a few sprays of chervil and a little chopped aspic. *Note.*—Turkey or game may be cooked in the same manner.

GALANTINE OF CHICKEN.

(Galantine de Poulet.)

For 6 persons.
Time—2 hours.

1 fowl; ½ lb. of cooked tongue; a pinch of grated nutmeg; 4 cloves; 12 peppercorns; 2 truffles; 1 lb. each of lean veal and fat bacon; salt, pepper; aspic jelly; 1 carrot; a bunch of herbs; white stock; 1 hard-boiled egg; yolks of 2 eggs; 4 or 5 pistachio nuts; 1 pint of white chaudfroid sauce (page 58); 1 onion; 2 blades of mace; ½ teaspoonful of aromatic herbs.

Choose a good-sized fowl for this and bone it carefully. Draw the skin of the legs and wings inside. Slit up the back and spread the fowl out on a board, skin side downwards. Free the veal from skin and gristle and the bacon from all rind and rust, and put both through a mincer. Season with nutmeg, salt, pepper and the herbs, and pound in a mortar, adding the yolks of the eggs gradually. Cut the ox tongue into ½-inch dice or strips and the truffles and hard-boiled egg into small dice or thin strips, and add these to the veal forcemeat. Mix well and spread this over the chicken. Blanch the pistachio nuts, cut them into strips and lay them evenly over the forcemeat. Form into a roll, sew it up and put it into a clean scalded cloth, tie it up with string at each end. Put the bones of the chicken and trimmings of the veal, the washed and peeled carrot, the onion stuck with cloves, the bunch of herbs, mace and peppercorns into a pan. Place the galantine on these. Add sufficient white stock to cover it. Bring to the boil and simmer gently for 2 hours. Lift the galantine up and tie up the cloth tighter and press it between two boards or dishes with a weight on the top until cold. When cold, coat the galantine with the chaudfroid sauce and decorate it with fancy shapes of truffle or cucumber skin or the white of a hard-boiled egg. Pour over a little cold but liquid aspic jelly with a spoon and leave until set. *To Dish.*—Put on a cold dish, garnish with small salad or with chopped aspic jelly and hand a salad. *Note.*—If liked, the aspic jelly may be made from the liquor in which the galantine was cooked after straining, reducing and clarifying it, or this liquor may be used for making the chaudfroid sauce or for stock or soup. If liked, the chicken may be brushed over with glaze instead of being coated with chaudfroid sauce. Galantines of turkeys, partridge and pheasant are made in the same way, but the pheasant and partridge are more usually coated with a brown chaudfroid sauce, and may then be decorated with shapes of truffle or hard-boiled white of egg.

MAYONNAISE OF FOWL.

(Mayonnaise de Poulet.)

For 5 or 6 persons.
Time—½ hour.

1 fowl; 2 lettuces; 1½ gills of mayonnaise sauce (page 58); watercress; 4 eggs.

Trim, truss and roast a fowl and, when cold, cut it into neat joints, remove the skin and chop off any protruding leg bones, and pile the joints pyramid fashion in the centre of a dish. Wash the lettuce and watercress very well in two or three waters, drain on

a hair sieve or in a salad basket, and arrange the lettuce neatly round the fowl, leaving out the centre of the heart, and garnish with little sprays of watercress. Boil the eggs hard and put them into cold water for a few minutes. Remove the shells, and cut the eggs into rings or quarters, and arrange them round the salad. Just before serving, pour the mayonnaise sauce over the fowl. Put the heart of the lettuce on the top and serve.

CHAUDFROID OF PIGEONS.

(*Chaudfroid de Pigeons.*)

For 8 *persons.*
Time—45 *to* 60 *minutes.*

2 pigeons; 1 bunch of herbs; 1 turnip; 1 gill of aspic jelly; radishes; ½ pint of brown stock; 1 small onion; ½ lb. of liver farce (page 64); 1 gill of sherry; 1 carrot; 1½ pints of brown chaudfroid sauce (page 58).

Draw and clean the birds, singe and remove the breastbone and backbone, but leave the bones of the legs. Stuff the birds with the liver farce and shape them as much as possible in their original shape. Truss as for roasting. Tie each in a piece of muslin. Put the bones, peeled and sliced vegetables, herbs, stock and sherry into a sauté pan, bring to the boil, place the pigeons on the top, cover with greased paper, then with the lid of the pan, and simmer very gently, or put the pan into a moderate oven for 45 minutes to an hour, or until the pigeons are cooked. Leave the birds until cold, remove the muslin, and cut each bird in quarters. Place the quarters of the pigeons on a wire tray over a dish and coat them with the chaudfroid sauce. Decorate with fancy shapes of truffle or the white of a hard-boiled egg, and pour a spoonful of aspic over the decorations and leave in a cold place until set. *To Dish.*—Arrange the pieces of pigeon neatly on a bed of salad on an entrée dish, garnish with radishes cut into the shape of flowers, and hand green salad dressed with an oil and vinegar dressing. *Note.*—If liked, the pigeons may be dished on a little salad, in oblong ramequin cases, the cases being placed on an entrée dish and garnished with small salad or parsley and chopped aspic. Quails may be cooked and served in this manner, but are cut in halves, not quarters.

CHAUDFROID OF TURKEY.

(*Chaudfroid de Dinde.*)

For 8 *to* 10 *persons.*
Time—*About* 2 *hours to cook the turkey.*

1 roast turkey; salad; 1½ pints of white chaudfroid sauce (page 58); aspic jelly; decorations.

Roast, braise or boil a turkey in the usual way, and when cold remove the skin and trim the turkey neatly, removing any protruding leg bones. Coat it with the chaudfroid sauce and decorate with any design liked made from truffle, chilli skins, beetroot, or cucumber skins. Pour a little liquid aspic over the decorations with a spoon and leave in a cold place until set. *To Dish.*—

Arrange the turkey on a cold dish and garnish with lettuce or endive. Hand salad separately. If desired, the turkey may be cut into neat joints, which are coated with chaudfroid sauce.

GAME.

GAME CUTLETS.

For 5 or 6 persons.

(*Côtelettes de Gibier.*) *Time—About 1 hour to make.*

½ lb. of cooked game; 4 ozs. of cooked rice; 4 ozs. of liver farce (page 64), or foie gras; ½ oz. of gelatine; 1½ gills of game sauce (page 55); green peas or truffle or 1 hard-boiled egg; about 1 pint of aspic jelly; salt, pepper; cayenne; salad.

Melt the gelatine in a very little water and strain it into the sauce. Remove all skin and bone from the game and weigh, chop it finely, put it through a mincer and pound in a mortar. Add the liver farce or foie gras and pound also, gradually adding the sauce, to which the gelatine has been added. Season well and rub through a sieve. Line some cutlet moulds with aspic jelly, and when set garnish with the peas, or with fancy shapes cut from truffle, or the white of the hard-boiled egg; set the decorations with a little more aspic, and when set put in the game purée, filling the moulds completely. Leave in a cold place or on ice to set. Line a border mould with aspic jelly and when set put in the rice flavoured with tomato purée or sauce and leave until cold. *To Dish.*—Turn out the rice on to an entrée dish, turn out the cutlets and arrange them on the rice and fill the centre of the mould with salad. Decorate the dish with chopped aspic or salad. *Note.*—These cutlets may be made with any kind of poultry also.

GAME OR POULTRY IN ASPIC.

For 4 persons.

(*Gibier ou Volaille en Aspic.*) *Time—1 hour to make with ice.*

About 1 lb. any cold game or poultry; 2 hard-boiled eggs; aspic jelly; salad; French dressing.

Rinse a mould out in cold water and put in a little cold and nearly setting aspic jelly. Put this on ice or in a cold place to set. Shell the eggs and cut them into slices or any shapes desired and place a layer on the bottom of the aspic. Cover this with a little more jelly and allow it to set. Remove the game or poultry from the bones, take off the skin and cut the meat into neat slices. Put a layer of this over the eggs and pour over some more aspic. When this is set, continue alternate layers of game and egg and aspic. Leave on ice or in a cold place to set. *To Dish.*—Turn out on to a bed of lettuce on a dish and hand a green salad with a French dressing. *Note.*—Fowl, rabbit or game may be made into a mould in this manner. This may be made in several small timbale moulds.

REMOVES.

Directions and Recipes for Cooking Joints of Meat suitable for Removes and for Plain Household Cookery.

Roast, braised, or boiled joints come under the category of Removes or Relevés. They are usually served after the entrées at a dinner and are accompanied by potatoes and some other vegetable.

Nowadays dinners are so much shorter than was the case formerly that the game course is often omitted and roast or boiled poultry or game is served as a remove unless either has figured in the entrées. For ordinary home dinners or luncheons, the plainly roasted, boiled or braised joints are generally served alone, sometimes preceded by fish or soup.

Directions for roasting, boiling, steaming and so on will be found in the "Principles of Cooking," pages 69–75.

BEEF.

(*Bœuf.*)

To make tough meat tender, soak it in vinegar and water. For 10 lbs. of beef use about 3 quarts of water and 3 gills of vinegar, and soak it for about 3 hours.

Beef is in season all the year round, but is finest in the winter.

TO BOIL BEEF.

For directions for boiling beef, see "Principles of Cooking," page 73.

The time to boil is reckoned from the moment the pot boils.

BOILED ROUND OR SILVERSIDE OF BEEF.

(*Bœuf bouilli à la Française.*) *For 6 or 7 persons.*
Time—20 minutes to the lb. and 20 minutes over.

5 or 6 lbs. of round or silverside of beef; 1 head of celery; 6 cloves; 3 onions; 1 bunch of herbs; salt; 3 carrots; 3 turnips; 12 peppercorns; hot water to cover.

Wipe the meat with a damp cloth, tie it into shape with a piece of string or tape. Wash, peel, or scrape the vegetables and cut them into pieces. Put the water into a saucepan and bring to the boil. Put in the meat, boil up, remove the scum, then simmer very gently

for about 1½ hours; skim, then add the vegetables, herbs and spices, and continue to simmer gently for about another hour or until the meat is tender. *To Dish.*—Lift the meat on to a hot dish, remove all string and skewers, garnish with the vegetables and a very little of the liquid in which the meat was cooked. Skim off all fat from the rest of the liquid and hand more in a sauceboat. *Note.*—This meat may be eaten cold, if liked, in which case some of the liquid in which it was cooked is boiled to a glaze and brushed over the meat. Garnish with parsley or watercress and hand a green salad or a salad of cooked vegetables. Any of the liquor left over makes a good second stock. Other joints which may be boiled in this manner are brisket, aitchbone, thick or thin flank. The great point to remember when boiling fresh beef is that, though the water must be boiling when the meat is put in, it should only simmer gently later, or the meat becomes tough.

BOILED SALT BEEF.

For 8 to 10 persons.

(*Bœuf bouilli à la Française.*)

Time—25 minutes to the lb. and 25 minutes over.

6 or 7 lbs. of salt silverside, brisket or aitchbone; 3 or 4 leeks; water to cover; 2 onions; 1 head of celery if in season; 3 or 4 carrots; 3 turnips; suet dumplings (page 66).

Wash the meat well and, if very salt, soak it overnight or for a few hours in cold water. Tie it into a round, put it into a pan of lukewarm water and bring slowly to the boil. Remove the scum and simmer very gently for about an hour, again skim, add the washed, peeled and sliced vegetables, and continue to cook very slowly until the meat is tender, about 2½–3 hours. The last half-hour add the dumplings. *To Dish.*—Remove the string and skewers and, if necessary, replace the latter with silver skewers. Garnish with the dumplings and vegetables. Hand the liquor in a sauceboat. Serve hot. *Note.*—If liked, this beef may be eaten cold, in which case the dumplings are omitted, and it should be garnished with a little watercress or parsley. Hand Russian or green salad. Sometimes, cabbage is boiled with the beef, in which case, wash the cabbage well, put it into a saucepan of boiling water. Cook for 5 minutes. Strain, cut it into four pieces, and add to the beef the last ¾ hour.

CASSEROLE OF BEEF.

For 5 or 6 persons.

(*Bœuf en Casserole.*)

Time—2 hours.

2 lbs. of round of beef; 3 turnips; 1 bunch of herbs; 1 dozen spring onions; ½ head of celery; salt, pepper; 4 carrots; 1 pint of stock; 1 oz. of dripping.

Wipe the meat, remove all superfluous fat and gristle and cut the meat into small squares. Melt the dripping in a frying pan, put in the meat and brown all over, stirring the whole time. Wash and peel the vegetables, leave the onions whole, but cut the carrots and turnips into shreds. Scrub and shred the celery finely. Grease the

bottom of a fireproof casserole with a little fat, put in a layer of the vegetables and the herbs, and place the meat on the top, and cover with more of the vegetables. Put in the stock (hot), cover with greased paper, then with the lid of the casserole, and cook in the oven until the meat is tender, about 2 hours. *To Dish.*—Remove the herbs, taste the gravy and see if it requires more seasoning, then pin a napkin round the casserole and place it on a dish and send the meat to table in the casserole. *Note.*—This meat can be cooked whole in the casserole in this manner, but it is easier to serve when cut into pieces beforehand.

BEEF À LA MODE.

(*Bœuf à la Mode.*)

For 8 *to* 10 *persons.*
Time—1 *hour* 40 *minutes.*

4 lbs. of fillet or topside of beef; 2 or 3 ozs. of larding bacon; 2 onions; 1 gill of brown sauce (page 50); ½ teaspoonful each of ground allspice, cloves, cinnamon and ginger; 1 bunch of herbs; 1 wineglassful of claret, if liked; pepper, salt; juice of ½ lemon; 1 oz. of dripping; 2 carrots; 1½ pints of stock; 3 or 4 sticks of celery.

Wipe the meat and trim it, put it on a deep dish. Mix the spices well together and rub them into the meat. Strain over the lemon juice and leave all night. The next day, lard the meat (page 70) and tie it in shape. Melt the dripping in a pan, and when hot put in the meat and brown both sides. Take out the meat and add the peeled and sliced onions and carrots, and brown also. Add the celery, the herbs and the stock. Bring to the boil, then return the meat to the pan, cover first with greased paper, then with the saucepan lid, and cook gently in a moderate oven or over low heat until the meat is quite tender, allowing 20 minutes to the pound and 20 minutes over. Baste often with the stock. When cooked, put the meat on to a hot dish larded side up and keep it hot. Strain the stock into a small pan and stir in the brown sauce. Stir until boiling, then reduce, add the claret and season well. *To Dish.*—Place the meat on a hot dish, strain some of the sauce round and hand the remainder in a sauceboat. Garnish with carrots. *Note.*—À la Mode beef is excellent cold and makes a very good luncheon or picnic dish. The claret may be omitted, if desired.

POT ROASTED BEEF.

(*Bœuf au Jus.*)

For 8 *persons.*
Time—2 *or* 3 *hours.*

4 lbs. of round or topside of beef; salt, pepper; 1 gill of stock or water; 2 ozs. of dripping.

Wipe and trim the meat and tie it in shape. Melt the dripping in a pan large enough to hold the meat, and when hot, put in the meat and brown on both sides. Add the stock or water, sprinkle with salt and pepper, and cover the pan. Cook very gently over low heat until the meat is tender, baste often. *To Dish.*—Put the

meat on a hot dish, remove any strings or skewers, garnish with horseradish and serve brown or tomato sauce separately (pages 50 and 53). Alternative garnishes are braised onions, small stuffed tomatoes, grilled or stuffed mushrooms. *Note.*—This dish must be cooked very slowly, or the liquid all boils away and the meat becomes dry and burnt. This may be cooked and served in a casserole.

BRAISED RIBS OF BEEF.

(*Côtes de Bœuf braisées.*)

For 10 *to* 12 *persons.*
Time—*About* 2½ *hours.*

6 lbs. of ribs of beef; salt, pepper; 1 lb. of carrots; 1 oz. of flour; 2 to 3 ozs. of larding bacon; 1 bunch of herbs; browning; 2 ozs. of dripping; 1 doz. button onions; ½ lb. of turnips; 1 quart of water.

Remove the chine bone from the beef and about 4 inches from the end of the rib bones. Shape the meat neatly, tie it with string, and lard the surface. Melt the dripping in a pan, put in the meat, cover and let it simmer over low heat for about 10 minutes. Add the water, bring to the boil and skim. Peel the onions, wash and peel the carrots and turnips, cut them into small pieces and add them to the pan, cover and put it into a fairly hot oven and cook for about 1¾ hours. *To Dish.*—Lift out the meat, put it on a hot dish and keep it warm, skim off all the fat from the liquor and strain it. Melt 1 oz. of dripping in another pan, add the flour and brown, then gradually stir a pint of the liquor into it. Simmer for 5 minutes, season, and, if necessary, add a little browning. Pour a little of this gravy round the meat and hand the rest in a tureen. Garnish with the vegetables. *Note.*—Should the sauce be too thick, thin it down with a little stock or gravy. Sirloin or ribs of beef may be boned, spread with veal forcemeat, rolled and braised in this manner.

Decorations for braised beef are young carrots, glazed button onions, slices of hard-boiled eggs, glazed haricot beans, glazed chestnuts, artichoke bottoms filled with some savoury mixture, or green peas, potatoes or potato balls, or straws or chips, small stuffed tomatoes, small stuffed mushrooms or any vegetable purée liked. The dish usually takes its name from the garnish with which it is served. If garnished with Jerusalem artichokes, it is called Filet à la Palestine; if with carrots and turnips cut into balls, strips or dice, Filet à la Paysanne or Bourgeoise.

ROAST RIBS OF BEEF.

(*Côtes de Bœuf rôties.*)

Time—¼ *hour to the lb. and* ¼ *hour over.*

Remove the chine bone and the upper part of the rib bones. Fasten the flap bones under the joint with small skewers and then cook and serve the joint as for sirloin (see next page).

Ribs of beef may be boned and rolled before roasting or baking, and are sometimes stuffed with veal forcemeat (page 65) before rolling.

ROAST SIRLOIN.

For 12 persons.

(*Aloyau de Bœuf.*) *Time—¼ hour to the lb. and ¼ hour over.*

About 6 lbs. of sirloin; salt, pepper; horseradish sauce (page 58); water; dripping.

Make up a good fire, hang the joint about 18 inches from it. Put a little clarified dripping in the pan and baste at once, and then every ½ hour until about 20 minutes before the meat is done. Stir the fire and make it clear, sprinkle a little salt over the meat and dredge it with flour, baste again until it has frothed and browned. If roasted in the oven, put the meat into a double dripping pan with water in the outer pan. Put a little dripping in the under pan, cover the meat with dripping, put it into a hot oven (see temperatures, page 26), for the first 15 to 20 minutes. Baste well and finish cooking in a cooler part of the oven or lower the gas. *To Dish.*—When cooked, put the meat on to a hot dish and keep it warm. Strain the fat from the dripping tin, pour in about ¾ pint of water or stock, season with salt and pepper and stir over the fire until boiling. If liked, a very little of this gravy may be poured round the meat, but it is better to serve it all in a sauceboat, as the meat is then easier to carve. Garnish the meat with finely grated horseradish and serve Yorkshire pudding (page 257) separately. Baked potatoes and any vegetable in season may be served with the meat. Hand horseradish sauce.

UNDERCUT OF SIRLOIN.

For 4 to 6 persons.

(*Aloyau en Filet.*) *Time—1 hour.*

2 or 3 lbs. of the undercut of a sirloin; ½ blade of mace; pepper and salt; 1½ pints of good gravy or stock; horseradish sauce (page 58); 1 tablespoonful of ketchup.

Remove the undercut from a sirloin of beef and put it into a stewpan with the gravy, ketchup, mace, pepper and salt. Simmer gently for about an hour or until tender. *To Dish.*—Put the meat on to a hot dish, pour the gravy round and hand horseradish sauce.

BROILED STEAK.

For 4 or 5 persons.

(*Entrecôte grillé.*) *Time—8 to 10 minutes.*

2 to 4 lbs. of rump steak; salt, pepper; 1 oz. of butter; 1 oz. of dripping; 1 tablespoonful of mushroom ketchup.

The steak should be cut from ½ to ¾-inch thick. Divide it in halves, grease a hot gridiron and brush the steaks over with melted dripping or fat, place them on the gridiron and grill over a clear fire or under a gas griller, turning with steak tongs, as if the steak is pricked with a fork, the gravy will run from it and the meat will

harden. They take about 8 to 10 minutes to cook. *To Dish.*—Put an ounce of butter and the mushroom ketchup on a hot dish, rub the steaks lightly with butter, put them on the dish, sprinkle with salt and pepper, and serve immediately. *Note.*—Broiled or grilled steak may be served with oyster sauce (page 57).

FRIED STEAK. *For 3 or 4 persons.*
(*Biftecks frits.*) *Time*—20 *to* 30 *minutes.*

2 or 3 lbs. of rump steak; 1 pint of stock or gravy; 2 ozs. of dripping; salt, pepper; 1 tablespoonful of mushroom ketchup.

The steak should be cut a little thinner than for broiling and some of the fat may be left on it. Trim it neatly and either cook whole or cut it into halves. Put the dripping into a pan and make it hot. When a faint blue smoke begins to rise, put in the steak and fry. Brown on one side, then turn and brown the other. Turn the steak often, and be careful not to stick a fork into the meat. *To Dish.*—When cooked, place the steak on a hot dish and pour round a little gravy made in the pan, as for roast beef, to which the mushroom ketchup has been added. Tomato sauce (page 53) may be used in place of gravy.

STEWED SHIN OF BEEF. *For 6 or 7 persons.*
(*Jarret de Bœuf à l'étuvée.*) *Time*—4¼ *hours.*

1 shin of beef; 1 head of celery; 12 allspice; 12 small button onions; 1 bunch of sweet herbs; 3 carrots; water; 1 large onion; 12 black peppercorns; 2 turnips; 3 tablespoonsful of flour.

Saw the shin into 3 or 4 pieces. Put these into a stewpan, and just cover them with cold water, bring slowly to the boil, skim and then add the sweet herbs, peeled onions, washed and sliced celery, the peppercorns and allspice. Stew all very gently over a slow fire until the meat is tender. Peel the carrots and turnips, cut into fancy shapes and add for the last hour. About 10 minutes before the meat is ready, prepare some gravy as follows:—Mix 3 tablespoonsful of flour with a gill of the liquor in which the meat has been cooked, and when free from lumps add a pint and a gill more of the liquor. Season and, if liked, add ½ gill of mushroom ketchup. Stir until boiling, simmer for 10 minutes, skim off any fat. *To Dish.*—Put the meat on to a hot dish, strain the gravy over and garnish with the vegetables. Brisket, round, and the cheaper cuts of steak may be stewed in the same way.

BOILED OX TONGUE. *For 8 or 9 persons.*
(*Langue de Bœuf bouillie.*) *Time*—3½ *hours for a large tongue.*

Choose a plump tongue with a smooth skin. A rough skin indicates age. If bought already salted and dried, soak the tongue in cold water for at least 12 hours, changing the water once or twice. If fresh from the pickle, the tongue only requires soaking

for 3 or 4 hours. Wash it well, trim the root and skewer it into shape. Put a smoked tongue into cold water, a freshly pickled tongue into lukewarm water to cover. Bring it very slowly to the boil. Smoked tongues should take an hour to reach boiling point. Skim and simmer very gently for 2½ hours. If liked, a bunch of herbs and flavouring vegetables may be added to the water after it comes to the boil. Skim when necessary. When the tip of the tongue is tender put it at once into cold water for a minute or two, as this enables the skin to be removed easily. If eaten hot, cover the tongue with greased paper after skinning it and re-heat it in the oven for about 10 to 15 minutes. Brush it over with glaze (page 47). *To Dish.*—Place the tongue on a hot dish, garnish with slices of lemon or parsley or with little heaps of any cooked vegetables in season. Hand espagnole or tomato sauce (pages 50 and 53) and potatoes, or boiled macaroni.

OX TONGUE TO SERVE COLD.

Cook the tongue as above, and after removing the skin truss it into shape on a board by sticking a fork through the root, then bending it into a nice shape and fastening it down by the tip with a skewer or fork. When cold, trim some of the fat from the root and brush the tongue over with glaze. Fasten a paper frill round the root. *To Dish.*—Place the tongue on a dish sufficiently large to hold it comfortably and garnish with parsley, or pipe a design round it with butter put through a forcer. Very often the tongue is decorated with leaves of aspic jelly and the dish garnished with a little chopped aspic. A small unsmoked tongue takes from 2 to 2½ hours to cook, a large one an hour longer. A small smoked tongue takes 3 hours to cook and a large one, 4 or 5 hours. Ox tongue is sometimes pressed and served in a solid round instead of being dished as above. To do this, after skinning the tongue, while still hot, trim the roots, removing any small bones there may be and the superfluous fat. Roll the tongue round and press it into a round tin (a 2-lb. cake tin would do), previously rinsed out in cold water. Press the tongue well into this, place a board on it with a weight on the top and leave until cold, for about 12 hours. Turn it out on to a dish and garnish with parsley. The tongue will be found to be covered with a coating of jelly when pressed in this manner, and it is very easy to carve without any waste.

VEAL.

(*Veau.*)

Veal should be obtained from a calf about two or three months old when used for very delicate dishes. Always remove the piping from the veal and the skirt from the breast in hot weather directly it arrives from the butcher. The best joints for roasting are the fillet and the loin.

STEWED VEAL AND GREEN PEAS.

For 5 or 6 persons.

(*Poitrine de Veau aux Petits Pois.*) *Time—2 hours 20 minutes.*

4 or 5 lbs. of breast of veal; ½ a lemon; ½ oz. of flour; 3 dessertspoonsful of tomato sauce (page 53); forcemeat balls (page 65); a bunch of savoury herbs; 4 allspice; 4 young onions; 1 quart of green peas; 1½ blades of mace; 2 cloves; 1 oz. of butter; 1 glass of sherry; 3 dessertspoonsful of mushroom ketchup; 2 ozs. of dripping; salt, pepper.

Trim the veal, remove all piping, gristle and superfluous fat. Wipe it with a cloth wrung out in hot water. Melt some dripping in a pan, and when hot put in the veal and brown it all over. Drain off the fat, then add the herbs, the pounded mace, cloves and allspice, the peeled onions, the thinly peeled rind of half a lemon and pepper and salt. Just cover the whole with boiling water and simmer slowly for quite 2 hours keeping the pan closely covered. Strain the gravy and to 1 pint add a glass of sherry or white wine of any sort, the tomato sauce, lemon juice and ketchup. Thicken it with the butter rolled in the flour and let it simmer slowly for ¼ hour, skimming it well. *To Dish.*—Put the veal on a hot dish in the centre of a border of green peas boiled separately. Garnish with rolls of bacon or forcemeat balls.

The veal may be boned and spread with a veal or sausage forcemeat, rolled up, tied and braised. Garnish with forcemeat balls and rolls of bacon.

CALF'S HEAD, BOILED.

For 3 or 4 persons.

(*Tête de Veau bouillie.*) *Time—To soak, 2 to 3 hours. To cook, 2 hours.*

1 calf's head; salt; 1 pint of parsley sauce (page 55); 1 lemon; 2 carrots; 1 turnip; 1 onion; bunch of herbs.

Calves' heads are sold either skinned or unskinned. If unskinned, put the head into boiling water and let it remain for a few moments. Then take it up and scrape off the hair with a blunt knife. Cut the head in half, take out the eyes, brains and tongue and wash the head most carefully, paying particular attention to the ears and nostrils. Clear out any cavities with the fingers, then put the head in cold salted water to cover and leave it for two or three hours. Turn and drain the head, wrap it in a piece of muslin and tie it in shape. Put it into a pan with cold water to cover and bring very slowly to the boil. Skim well. Then add the vegetables cut into pieces, the herbs and salt. Cover the pan and simmer very gently until the head is cooked, about 2 hours. Half a calf's head is more usually served than a whole one. If this is the case it should be prepared in the same manner, but it takes a shorter time to reach boiling point. The time varies according to the size of the head, but it must not be overcooked, or the flesh falls to pieces and becomes tasteless. Should the liquor boil away, replenish the pan with more boiling water, as the head must be covered. The tongue should be cooked with the head. When

cooked, drain and remove the bones from the head, skin the tongue and cut it into slices and cut the ear into a fringe with a pair of scissors. Arrange the pieces of the head on a hot dish and garnish with the slices of tongue. Pour over the parsley sauce and garnish with cut lemon and parsley. Boiled ham or bacon is usually served with calf's head. **Brain Sauce** may be used instead of parsley sauce. Remove the brains from the head, boil, chop and mix with ½ pint of white sauce (page 51).

ROAST FILLET OF VEAL. *For 5 or 6 persons.*
(*Filet de Veau rôti.*) *Time—20 minutes to the lb. and 20 minutes over.*

4 or 5 lbs. of fillet of veal; 1 lemon; dripping; ½ lb. of veal forcemeat (page 65).

Wipe the joint, remove the bone from the fillet and fill the cavity with the veal stuffing. Tie the veal into a round and fasten it with strings or skewers. Cover with buttered paper or a little caul and either roast it in front of the fire, or put it on a baking tin in a hot oven. Baste well with dripping and cook for 20 minutes, then lower the heat of the oven a little and finish cooking, about 1 hour 40 minutes. Baste frequently. *To Dish.*—Remove the skewers and string, inserting a silver skewer, if necessary. Place the veal on a hot dish, garnish with parsley and cut lemon, and hand a little gravy separately. *Note.*—It is usual to serve ham, bacon or pickled pork with veal. If liked, the veal may be garnished with potato balls shaped like pears with stalks of parsley.

Loin, breast and shoulder of veal may be roasted in this manner. They may be boned and stuffed with veal forcemeat before roasting, if desired. These joints may also be boiled and served coated with white sauce. Sometimes rice, pearl barley or macaroni are cooked with the veal and served round the dish.

MUTTON.
(*Mouton.*)

Mutton is in season all the year round, but is not quite so good in the early summer.

BOILED LEG OF MUTTON. *For 8 persons.*
(*Gigot de Mouton bouilli.*) *Time—20 minutes to the lb. and 20 minutes over.*

1 leg of mutton; ½ lb. each of mashed carrots and turnips; ½ pint of caper sauce; salt.

Cut off the shank bone, trim the knuckle and wipe the joint with a cloth wrung out in hot water. Put it into a pan with sufficient boiling water to cover. Add salt. Boil fast for 5 minutes, then draw the pan to the side of the fire and simmer gently until the joint is cooked. The time depends upon the weight of the joint. Remove all scum as it rises. Keep the lid on the pan while the joint is cooking.

To Dish.—Lift the mutton on to a hot dish and garnish with mashed carrots and turnips shaped like eggs and placed alternately round the dish. Hand caper sauce (page 53). *Note.*—The carrots and turnips may be cooked with the mutton provided too many are not used, as care must be taken not to overpower the delicate flavour of the mutton. If preferred, the dish may be garnished with young carrots and turnips, and mashed potatoes handed separately. The **shoulder, neck** or **breast** of mutton may be boiled in this manner as may the leg or shoulder of lamb.

BRAISED LEG OF MUTTON.

For 6 to 8 persons.
Time—5 hours.

(*Gigot de Mouton braisé.*)

1 leg of mutton; 4 carrots; bones; glaze (page 47); ½ lb. of bacon; 1 bay leaf; ¾ pint of stock; 2 onions; 1 bunch of herbs; salt, pepper.

Cut off the shank bone, trim the mutton and wipe it with a cloth wrung out in hot water, remove the rust and rind from the bacon. Peel and slice the carrots. Put half the bacon at the bottom of a braising pan, sauté pan or casserole, place the sliced vegetables, bay leaves, herbs and any available bones, on the bacon, put in the mutton. Cover with the rest of the bacon and pour the stock round. Sprinkle with salt and pepper, cover the pan and place it in a moderate oven and cook very slowly for about 5 hours, then remove the mutton and brush it over with glaze. *To Dish.*—Place the mutton on a hot dish, skim all the fat from the gravy, strain it round, and garnish if liked with carrots and turnips cut into fancy shapes or cut into small dice, pressed into egg cups, and turned out in little heaps round the dish. If liked, this may be cooked over very low heat.

ROAST LEG OF MUTTON.

For 6 to 8 persons.

(*Gigot de Mouton rôti.*)

Time—20 minutes to the lb. and 20 minutes over.

1 leg of mutton; salt, pepper.

Let the mutton hang as long as possible, but keep it wiped dry and dust it with flour and pepper. Cut off the knuckle and remove the thick skin. Put a little salt and water into the dripping tin, place the mutton on the grid in the pan, and put it into a hot oven for the first 20 minutes, basting it with the salt water, and later with the gravy which drips into the tin from the meat. The heat of the oven should be lessened gradually, and the meat basted every ten minutes. *To Dish.*—Put the mutton on a hot dish, make the gravy according to the directions for roast meat (page 46), and hand it separately in a sauceboat. Hand red currant jelly. *Note.*—Wether leg of mutton is best for roasting. If liked, the knuckle may be cut off and boiled separately, or, if preferred, the cut end can be covered with a paste of flour and water and roasted, in which case, two roast dinners can be had from the one joint.

Loin, neck and shoulder of mutton may be roasted in this manner, as may the leg, forequarter or shoulder of lamb. If preferred, the mutton may be boned and stuffed with veal forcemeat before roasting it.

STEWED NECK OF MUTTON.

For 6 to 8 persons.
Time—2½ to 3 hours.

(*Carré de Mouton en Ragoût.*)

4 or 5 lbs. of neck of mutton; 1 oz. of butter; 1 pint of water; salt, pepper; 1 oz. of flour; cayenne; 2 sprigs of parsley.

Trim the fat from the mutton and joint it well, and remove all piping or gristle. Put the mutton into a stewpan with the water, salt and pepper. Bring to the boil, then simmer very gently. About 20 minutes before serving, strain off nearly all the liquid from the meat and when this is cold, skim off the fat. Add the cayenne, pepper, and the parsley finely chopped. Melt the butter in a pan, add the flour and brown, then gradually stir in the liquid from the meat. Stir until boiling, then simmer for 20 minutes. *To Dish.*—Place the mutton on a hot dish, strain the gravy round and over.

Loin of mutton may be cooked in this manner.

BOILED SHEEP'S HEAD.

For 2 or 3 persons.
Time—About 3 hours.

(*Tête de Mouton bouillie.*)

1 sheep's head; 2 onions; 2 or 3 cloves; bacon; 2 carrots; a few sticks of celery; lemon; 2 turnips; 1 bunch of herbs; salt; Italian sauce (page 52).

Split the head in halves, take out the brains and tongue, wash and scrape the head well, take out the eyes and shorten the jaw bones where there is no flesh, and be very careful to remove all the gristle from inside the nose, chopping off everything that should be removed. Put the head into cold water for ½ hour, then rinse well. Replace the tongue, tie the two halves of the head together, and put it into a saucepan of boiling water to cover. Bring to the boil, skim well, add the peeled onions stuck with cloves and the bunch of herbs. Remove the scum, add a little salt and boil for 3 hours, or longer, if necessary, until the meat parts easily from the bones; about 1 hour before the head is finished, some turnips, carrots and a few sticks of celery may be added, but this is not necessary. *To Dish.*—Lift the head and remove all the meat from the bones and cut it into slices. The tongue is skinned and cut into slices also. Make brain sauce by adding the chopped cooked brains to ½ pint of white sauce, and pour this over the meat. Garnish with lemon and rolls of fried bacon. If preferred, the head may be served without removing the bones and is garnished with carrots and turnips. The broth in which the head was boiled is served separately as gravy.

The liquor in which the head has been cooked makes excellent soup with the addition of barley and vegetables. Sometimes a gang of trotters are cooked and served with the head. Italian sauce may be

handed. The brains may be served with the head, or saved and used for some other dish. Lamb's head may be cooked in the same manner, but takes only about 1½ hours to cook.

LAMB.
(*Agneau.*)

House lamb is in season from December; grass lamb usually comes into season about Easter. Lamb, like all young meat, should be well cooked. It is at its best when about 2 months old. The forequarter is dressed as soon as possible without hanging, but the hindquarter should hang for a short while. When lamb is large, it is cut up and used in much the same way as mutton, but when quite small it is cut into quarters. The forequarter consists of the neck, shoulder and breast; the hindquarter, the leg and loin. The saddle is the double loin from both sides of the animal. Frozen lamb may be cooked according to any recipe for fresh meat, but should always be thawed before being cooked. Never put the meat in front of the fire to thaw, it is quite sufficient to let the meat remain in a warm kitchen for two or three hours. Lamb should never be allowed to become high. The saddle, forequarter or hindquarter, shoulder, or any joint of lamb may be braised, roasted or baked in the oven, and may be varied by the different garnishes and accompaniments which are served with it. The joint may be covered with a thick layer of Soubise sauce and coated with oiled butter, and then browned in the oven, and tomato sauce handed, or it may be garnished with small potato cassolettes filled with a ragoût of lamb's sweetbread or mushrooms. Other accompaniments are :—Small stuffed tomatoes, potato balls, forcemeat balls, small stuffed spring cabbages, braised lettuce, stuffed aubergines, fried bananas, stuffed mushrooms and mixed spring vegetables. Various sauces may be handed, such as piquant, tomato, brown or Soubise.

BROILED BREAST OF LAMB.
(*Poitrine d'Agneau grillée.*)

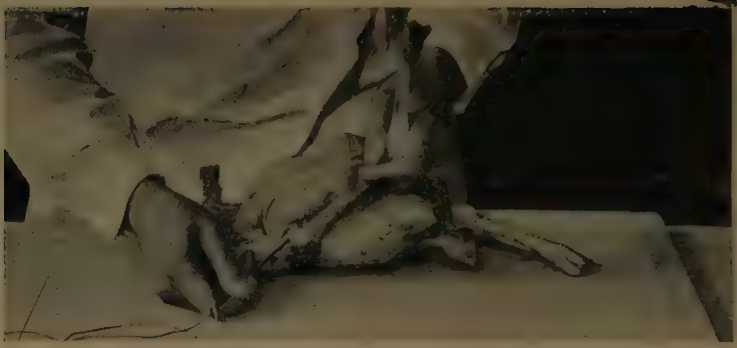
For 6 *to* 8 *persons.*
Time—*About* 1½ *hours to simmer*; 8 *to* 10 *minutes to broil.*

1 **breast** of lamb; salt, pepper; breadcrumbs; stock; 1 onion; 1 bunch of herbs; 2 ozs. of butter; 2 cloves; 1 egg; thickened gravy; mint sauce (page 59).

Wipe and trim the meat, put it into a pan with stock to cover, add the peeled onion stuck with cloves, the herbs, salt and pepper. Simmer very gently for about 1½ hours, or until sufficiently tender for the bones to be easily removed. Take out the bones, sprinkle the meat with salt and pepper, brush over with beaten egg and coat with breadcrumbs, then grill on a greased gridiron over a clear bright fire. When nicely browned on one side, turn and brown the other. *To Dish.*—Serve on a hot dish and hand thickened gravy and mint sauce. *Note.*—Shoulder of lamb may be cooked in the



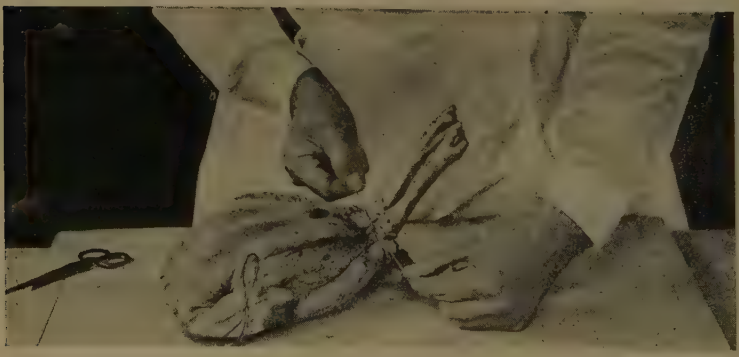
CANNELON OF COLD BEEF. (*See page* 147.) ROASTED OX HEART. (*See page* 150.) HARICOT OF VEAL. (*See page* 156.)



I.



II.



III.

TRUSSING A FOWL FOR ROASTING. (*See page* 198.)

same manner. After it has simmered it is not boned, but the skin is scored in chequers about 1 inch square, brushed over with egg and coated with breadcrumbs mixed with herbs, parsley and seasoning. Broil, and serve with gravy flavoured with mushroom ketchup.

PORK.
(*Porc.*)

Great care should be exercised in buying pork, as pigs are very subject to disease. Pork should always be very well cooked, allowing from 20 to 25 minutes to the pound and 25 minutes over. A pig for boiling or roasting should not be more than 6 months old. Larger and older pigs are usually salted and pickled.

BOILED LEG OF PORK.
(*Gigot de Porc bouilli.*)

For 8 *to* 10 *persons.*
Time—20 *minutes to the lb. and* 20 *minutes over.*

1 leg of pickled pork; turnips or parsnips; salt; water.

Choose a nice small compact leg of pickled pork. Soak it for ½ hour in cold water, wash and then put it into a saucepan of boiling water, bring to the boil, skim and then simmer very gently until cooked, calculating the time according to the weight of the meat. Great care must be taken not to let the pork cook fast, or the meat becomes hard and the knuckle end becomes cooked before the thicker part. When half done, washed and peeled parsnips or turnips may be added to the pan and cooked until soft. *To Dish.*—Put the pork on to a hot dish, garnish with the turnips or parsnips. Pour round a very little of the liquor in which the pork was boiled, and hand the rest in a tureen. Pease pudding (page 229) should be served with boiled pork, and green vegetables such as cabbage, sprouts or kale. *Note.*—The water in which pork has been boiled makes an excellent stock for haricot, pea or lentil soup. The chine is salted and boiled in the same manner.

ROAST LEG OF PORK.
(*Gigot de Porc rôti.*)

For 8 *to* 10 *persons.*
Time—20 *minutes to the lb. and* 20 *minutes over.*

Leg of pork; brown gravy; apple sauce (page 53); salad oil.

The leg to be roasted should not weigh more than 6 or 7 lbs. Score the rind or skin with a sharp knife all round the joint, brush it over with salad oil and either cook in front of the fire or roast in a hot oven the first 20 minutes, lessening the heat later. Baste often. It will yield sufficient dripping to baste itself without butter. *To Dish.*—Place the pork on a hot dish and hand brown gravy and apple sauce. Other accompaniments are tomato sauce, sauce Robert (page 53) and baked apples, or stewed prunes or plums. *Note.*—The leg may be stuffed with sage and onion stuffing (page 66)

which is inserted in a slit cut in the knuckle. Loin, spare rib and saddle of pork may be roasted in this manner.

CHINE OF PORK.

(*Le carré ou Échinée de Porc.*) *Time—25 minutes to the lb. and 25 minutes over.*

This joint is usually sent to table with turkey. It should be salted for about 60 or 70 hours and then roasted. Chine may be boiled, but roasting is usually preferred. In roasting pork, the skin should be scored lengthways in small strips, not deep enough to reach the meat.

CHINE, ROASTED.

(*Carré de Porc Rôti.*) *For 6 to 8 persons.* *Time—25 minutes to the lb. and 25 minutes over.*

4 or 5 lbs. of chine of pork salted; salad oil; ½ lb. of sage and onion stuffing (page 66); ½ pint of apple sauce (page 53); Thickened gravy.

Wash well, then score the skin deeply lengthways. Make an incision to hold the stuffing, insert it, brush the skin over with salad oil and roast gently before a clear fire or in the oven. Baste often. *To Dish.*—Put the pork on a hot dish and hand thickened gravy and apple sauce.

BAKED HAM.

(*Jambon rôti.*) *For 10 to 12 persons.* *Time—25 minutes to the lb.*

Take a medium-sized ham and place it to soak for 10 or 12 hours. Then cut away the rusty part from underneath, wipe it dry and cover it rather thickly with a paste of flour and water. Put it into an earthen dish or fireproof casserole and bake in a moderately hot oven, allowing 25 minutes to the pound up to 12 lbs., and 15 minutes for every pound over. When cooked, remove the paste carefully and pull off the skin. Strew the surface with bread raspings, or brush it over with glaze. *To Dish.*—Serve the ham on a hot dish and garnish with cut vegetables.

BOILED HAM.

(*Jambon bouilli.*) *For 12 or more persons.* *Time—25 minutes to the lb.*

1 ham; 1 sprig of thyme; 1 blade of mace; 2 bay leaves; a few cloves; bread raspings or glaze (page 47); parsley.

Soak the ham in several waters for 24 hours, if hard and salt, changing the water 2 or 3 times. If the ham is not very salt, 12 hours' soaking usually suffices. Trim and scrape the ham very clean and put it into a large saucepan with cold water to cover. Bring slowly to the boil, skim carefully, add the mace, cloves, thyme and bay leaves and, if liked, 1 or 2 scraped carrots and an onion. Simmer gently for 4 or 5 hours, according to the weight of

the ham. A new ham requires 25 minutes to the pound, an old one, 28 minutes, counting the time from when the water boils. When cooked, let the ham remain in the water until cold, then remove the rind carefully, press a cloth over the ham to absorb as much grease as possible, and strew the fat with bread raspings or brush it over with glaze. *To Dish.*—Put the ham on a dish and garnish it with parsley or aspic jelly. Put a paper frill round the knuckle or ornament it with vegetable flowers.

TO SERVE A HAM HOT.

Soak and boil the ham as above. When cooked, remove the skin, sprinkle the ham with breadcrumbs, put a paper frill round the knuckle and serve on a hot dish. Garnish with parsley.

BOILED BACON.

(*Lard bouilli.*)

Time—20 *minutes to the lb. and* 20 *minutes over.*

Should the bacon be very salt, soak it in cold water for 2 hours before cooking, rinse and put it into a saucepan with plenty of boiling water. Bring to the boil, skim and then simmer very gently. A large piece of gammon of bacon when cooked should be skinned like a ham and powdered over with breadcrumbs.

Broad beans are excellent with bacon and should be added when the bacon has cooked for an hour. The bacon may be dished on the beans and coated with parsley sauce, or the beans may be served separately.

It is far better really to steam bacon than to boil it. There is no waste as to quantity, the flavour is better preserved and the bacon much more tender, as there is no danger of letting it boil too fast. Prepare the bacon as for boiling and put it into a steamer over boiling water. Steam according to the weight, allowing 25 minutes to the pound and 25 minutes over. Boiled or steamed bacon makes a good accompaniment to veal and poultry, or it may be served alone with greens. Cabbage may be added to the bacon when partially cooked and is served with it.

VENISON.

(*Venaison.*)

There are three kinds of venison in Great Britain—the red deer, the fallow deer, and the roebuck deer—the latter peculiar to Scotland as the red deer now is to Ireland. The flesh of the fallow deer is the best. Venison should be dark, finely grained, and firm, with a good coating of fat. It requires to be well hung in a cold dry larder. The finest parts of venison for roasting are the haunch and saddle; the loin and neck also roast well. The shoulder and breast are better for ragoûts or stews. Chops are cut from the loin

or neck. Buck venison is superior in quality to doe and is in season from the end of June to the end of September, while doe is in season from October to the end of December.

ROAST HAUNCH OF VENISON.

For 10 *to* 18 *persons.*

(*Hanche de Venaison rôtie.*)

Time—20 *minutes to the lb. and* 20 *minutes over.*

1 haunch of venison; flour and water paste; red currant or rowanberry jelly; 2 ozs. of butter; Espagnole sauce (page 50).

Choose a moderate-sized haunch, trim off the chine bone and the end of the knuckle. Wipe the meat over with a damp cloth, dry with a clean cloth, then brush it over with melted dripping and wrap it in a sheet of greased paper. Over this, place a paste of flour and water and cover the paste with another sheet of greased paper. Great care is required when cooking venison, as the fat burns very easily before the lean is ready, and the fat of venison is considered a great delicacy; also the fat gets cold very quickly, therefore the joint must be dished as soon as possible after cooking, and it is advisable to use a hot water dish when serving venison. Roast the venison in front of the fire or in a hot oven, judging the time by the weight; baste often. About 20 minutes before it is cooked, remove the paste and paper, dredge the meat with flour and baste it with a little butter to froth it, and allow it to brown. *To Dish.*—Put the venison on a hot water dish, if possible, or on a very hot dish and hand brown sauce flavoured with claret or port, and red currant, cranberry or rowanberry jelly. Garnish the venison with parsley or watercress. *Note.*—Green salad very often accompanies venison. French beans make a good accompaniment to this dish. Saddle and neck of venison are roasted in the same manner. The saddle may be larded, if desired.

POULTRY.

(*Volaille.*)

TO TRUSS A FOWL FOR BOILING.

Choose white-legged fowls for boiling, as their flesh is usually whiter than that of a fowl with black legs. Pluck and draw the fowl, cut the skin round the leg at the knee joint, crack the joint, twist the shank and pull it off, bringing the sinews with it. Insert the finger in the hole made for drawing the bird, raise the skin from the flesh of the legs, then press the leg joints inside, and draw the loosened skin over them. Push the rump inside, and draw the skin of the neck over the back and cross the ends of the wings over this. Truss as for a roast fowl, but twist the string twice round the narrow end of the fowl instead of tying it round the rump. Tie it tightly to prevent the legs from slipping and breaking through the skin.

BOILED FOWL.
(*Poulet bouilli.*)

For 4 or 5 persons.
Time—1 hour for a large fowl, ¾ hour for medium one, ½ hour for chicken.

1 fowl; 1 onion; celery; water; salt.

Truss the fowl for boiling (see page 194). Wrap it in greased paper, put it into a pan with boiling salted water or stock to cover, and bring it to the boil. Skim it, then simmer very gently until the fowl is cooked, the time depends upon the size of the bird. If liked, 1 onion and a few sticks of celery may be added to the water in which the fowl is boiled. *To Dish.*—Take out the fowl, remove the paper, and put the bird on to a dish. Remove all trussing strings and skewers, and coat with parsley, oyster, celery or Béchamel sauce (pages 55, 57, 54 and 50.) Hand more sauce in a tureen.

Boiled ham, tongue or bacon usually accompanies boiled fowl. Garnish with boiled broccoli or baked or grilled mushrooms or tomatoes.

RABBIT.
(*Lapin.*)

TO TRUSS A RABBIT FOR BOILING.

Cut the sinews of the hind and fore legs and draw the hind legs forward and the fore legs back, keeping the point of the hind legs outside the fore legs. Turn the head round to one side to the point where the legs join. Pass the trussing needle and string through the head, the points of the two legs, the body and out at the points of the legs at the opposite side. Pass the needle back again at nearly the same place, and tie the two ends of string firmly together.

BOILED RABBIT.
(*Lapin bouilli.*)

For 4 or 5 persons.
Time— A very small rabbit, ½ hour · medium size, ¾ hour; a large rabbit, 1 hour.

1 rabbit; 1 oz. of butter; 6 onions; 1 oz. of flour; salt; 1 gill of milk; bacon.

Truss the rabbit for boiling (see above), put it into a stewpan and cover it with boiling water, add a little salt, bring to the boil and let it simmer very gently until tender. Skim well and when the water boils add the onions, peeled and cut into quarters. When cooked, lift out the rabbit and keep it hot. Strain the liquor from the onions and chop them. Melt the butter in a pan, add the flour and stir for 2 or 3 minutes without browning. Add 3 gills of the water in which the rabbit was cooked, stir until boiling, add the milk and onions, and simmer for 8 minutes. Season well. *To Dish.*—Put the rabbit on to a hot dish, remove all trussing strings and skewers and pour the sauce over and round. Garnish with rolls of bacon. Other sauces that may be served are parsley, liver or celery sauce.

ROASTS

Directions and Recipes for Poultry and Game, served as Rôtis or for family dinners.

This course usually consists of poultry or game, plainly roasted and served with salad and potato straws or chips, good gravy, bread sauce, and fried breadcrumbs. Sometimes the remove or meat course is omitted and the "Roast" Course only served.

When game is out of season, capons, turkeys, ducks, fowls, geese, guinea fowl, pigeons and hares are substituted. Rabbit, except in entrées such as rabbit cream, soufflés and so on, does not figure in ceremonial dinners.

The recipes for rabbits are only included here for family dinners when a remove is not served.

In London, poultry is bought ready trussed from the poulterer, who will usually pluck and truss for a nominal sum any presents of poultry or game which may be received. In the country, however, it is essential to understand how to pluck and truss birds at home.

All poultry should be carefully plucked, every plug or stump of the feathers removed, and the birds carefully singed with a piece of lighted white paper.

Poultry should be drawn carefully, taking care that the gall bag and the gut joining the gizzard are not broken.

GENERAL TIME-TABLE FOR ROASTING POULTRY AND GAME.

Turkey (10 lbs. weight, stuffed)	2 hours	Leveret	1 hour
Turkey (larger)	2½ hours	Rabbit	1 to 1½ hours
Turkey (smaller)	1½ hours	Pheasant (large)	¾ hour
Large fowl	1 hour	do. (small)	½ hour
Medium-sized fowl	¾ hour	Partridge	20 to 30 minutes
Capon or poularde	1½ hours	Grouse	½ to ¾ hour
Chicken	20 minutes to ½ hour	Black game	¾ to 1 hour
Duck	¾ hour to 1 hour	Woodcock	20 to 25 minutes
Duckling	25 to 35 minutes	Teal and widgeon	20 to 25 minutes
Goose (medium)	1¾ to 2 hours	Wild duck	20 to 25 minutes
do. (large)	2½ hours	Quails	12 to 15 minutes
do. (small)	1½ hours	Snipe	15 to 20 minutes
Gosling	1 hour	Plover	20 to 25 minutes
Guinea fowl	¾ to 1 hour	Ptarmigan	30 to 35 minutes
Pigeon	20 to 30 minutes	Ortolans	15 minutes
Hare	1½ to 2 hours	Larks	15 minutes
		Ruffs and reeves	15 minutes

POULTRY.

DUCKS.

(*Canards.*)

TO TRUSS AND ROAST DUCKS.

Ducks are trussed in the same manner as fowls (page 198), except that the feet must be left on and turned close to the legs, first scalding them and removing the skin.

ROAST DUCK.

(*Canard rôti.*)

For 6 or 7 persons.
Time—¾ to 1 hour.

2 ducks; ½ pint of brown sauce or gravy; 4 ozs. of sage and onion stuffing (page 66) dripping; salt; pepper; watercress; ½ oz. of butter.

Ducks should always hang for one day, and even longer if the weather be sufficiently cold to allow it. Stuff one with sage and onion stuffing, and season the inside of the other with pepper and salt. Cover the breasts of the birds with greased paper, put them on a greased baking tin and roast them in a good oven for the first 15 minutes, then finish in a cooler oven. Baste them often. Just before serving the ducks, remove the paper, dredge the breast with flour and pour over a little liquid butter to froth and brown the breast. *To Dish.*—Put the ducks on to a hot dish, remove all trussing strings and skewers and hand either a brown sauce made from the giblets of the duck, and flavoured with orange juice, or a clear brown gravy. Garnish with watercress. Green peas, and potato straws or chips, form a good accompaniment to roast duck. Other stuffings may be used in place of sage and onion, such as apple, or chestnut (page 64). Apple, cranberry and tomato sauce (pages 53, 60) may be handed also. Roast duck may be jointed after cooking, and dished neatly, garnished with watercress and quarters of orange.

FOWLS.

(*Poulets.*)

TO DRAW A FOWL.

Cut off the head, slip the skin back from the neck, and cut off the neck close to the body leaving a flap of skin to fold over the back. Remove the windpipe and the crop, which is a little bag of skin lying close to the neck. Insert the first finger inside the neck and loosen all the inside, breaking the ligaments that can be felt with the finger. Turn the fowl round, make a slit across the skin between the tail and the vent. Insert the finger at this end and loosen everything from this side. Grasp the gizzard and draw everything out. Hold the bird up to the light and see that no part of the internal organs has been left behind. The lungs must be removed also, and any soft fat. Cut away the oil bag at the back of the rump or parson's nose. Hold the bird under the

tap and let the water run through it, then wipe it both outside and in with a damp cloth. Remove the bag of stones from the gizzard and the gall bladder from the liver. Wash the neck, liver and gizzard and use them for making stock.

TO TRUSS A FOWL FOR ROASTING. (Plate 22).

Cut through the skin two inches below the leg joint, bend the leg at the cut and crack the bone, then pull out the tendons twisting the legs to make them draw out easily. There should be seven sinews. Care must be taken not to cut through these when cutting the skin, or they cannot be removed. Scald the piece of leg left on the fowl, and peel off the skin. If the bird is to be stuffed, insert the stuffing next, in the breast. Place the fowl on its breast, pull down the flap of skin from the neck over the back, and cross the ends of the wings over this. Turn the bird over, and push the rump through the slit in the skin. Push the legs forward towards the wings. Thread the trussing needle with fine string, pass it through the right wing and the top of the leg, right through the body and catch the leg and the wing on the other side. Turn the fowl over, catch the points of the wings and the skin of the neck with the needle. Tie the ends of the string together, leaving both ends at least four or five inches long. Bring these ends of string down and tie them round the rump of the fowl. Bring the two legs close together and tie them, making the shanks stand up.

It used to be customary to place the liver and gizzard in the pinions when trussing a fowl, but this custom is now out of date.

BRAISED FOWL.
(*Poulet braisé.*)

For 3 *or* 4 *persons.*
Time—1½ *hours.*

1 young fowl; 1 carrot; 1 onion stuck with 4 cloves; salt, pepper; 1 bunch of sweet herbs; slices of bacon; 1 glass of sherry; 1 blade of mace; veal bones or trimmings; ½ lb. of veal forcemeat (page 65); 1 pint of stock; ½ lb. of mushrooms; ½ pint of mushroom sauce (page 52); watercress.

Draw and singe the fowl, then bone the breast, fill it with forcemeat, and truss it for roasting. Put any bones of poultry, and trimmings of veal, into a stewpan with the onion stuck with cloves, the herbs, mace, the washed and scraped carrot, sherry, salt, pepper and the stock. Cover the fowl with the slices of bacon and put it on the vegetables in the pan. Put the lid on the pan and cook these over low heat for 1 hour, then take out the fowl and put it in the oven to brown. Strain the stock from the pan, skim and strain it into a small pan and boil to a glaze. Brush the fowl over with the glaze. Peel, wash, and trim the mushrooms, and grill or bake them. *To Dish.*—Put the fowl on a hot dish, remove the string and skewers, and garnish with the mushrooms and watercress. Hand brown mushroom sauce (page 52). *Note.*—The wine may be omitted if desired.

ROAST FOWL OR CHICKEN.

(*Poulet rôti.*)

Time—1 *hour for a large one,* ¾ *hour for a small one, 25 minutes for a chicken.*

1 large fowl or 2 small ones; some slices of bacon; brown gravy; bread sauce (page 53); butter, margarine or dripping; watercress.

Truss the fowls for roasting (page 198), singe them carefully and wipe them clean. Put 1 or 2 pieces of fat bacon over the breasts, put the fowls on a baking tin in a good oven for the first 15 minutes, then gradually lower the heat of the oven, and finish cooking. Baste them often with dripping, margarine or butter. Just before they are done, remove the paper, dredge them with flour, and baste them with butter, warmed in the basting ladle, until they are nicely browned and have a frothy appearance. *To Dish.*—Put the fowl on to a hot dish, remove all trussing strings and skewers. Drain off all fat which may run from the fowl, and garnish it with watercress. Hand brown gravy, made in the dripping tin, and bread sauce separately. If liked, the dish may be garnished with rolls of grilled bacon or fried sausages, and boiled ham, tongue or bacon may be served with the fowl. Fowls may be stuffed at the neck end with veal, oyster, chestnut or sausage forcemeat (pages 64, 65), and chestnut or mushroom or oyster sauce (pages 54, 52, 57) may be served in place of bread sauce.

GUINEA FOWL.

Time—¾ *to* 1 *hour.*

(*Pintade.*)

Guinea fowls are often served in place of game when the latter is out of season. When a guinea fowl is roasted plain, it is trussed like a turkey (page 201); when it is larded, it is trussed like a fowl (page 198). Cook it according to any recipe for roast turkey or pheasant.

If roasted, hand bread, celery or oyster sauce (pages 53, 54, 57) and brown gravy. Garnish with watercress.

GOOSE

(*Oie.*)

TO DRAW AND TRUSS A GOOSE.

Draw and truss it in the same way as a fowl (page 198), except that the wings are not crossed over at the back, and the legs are stuck close down by the side of the body.

ROAST GOOSE.

(*Oie rôtie.*)

For 6 *to* 8 *persons.*

Time—2½ *hours for a large goose;* 1½ *hours for a small goose.*

1 goose; flour; ½ lb. of sage and onion stuffing (page 66); dripping; good gravy; butter; watercress.

Truss the goose (see above), fill the inside with the stuffing and fasten it securely at both ends by tying the skin of the neck

over the back of the bird, and passing the rump through the slit made in the skin. Cover the breast with greased paper, and put the goose on to a baking tin, and into a hot oven for the first ½ hour; then lessen the heat of the oven and finish cooking. Baste often with dripping. A short while before serving the bird remove the paper, dredge the breast with flour and baste it with a little butter to froth and brown it. *To Dish.*—Lift the goose on to a hot dish, remove all strings and skewers, pour round a little good gravy and hand more in a tureen. Garnish with watercress. Apple sauce (page 53) may also be handed.

A green goose is cooked in the same way, but is not usually stuffed. A little butter, salt and pepper are put inside the body of the bird.

PIGEONS.
(*Pigeons.*)

TO TRUSS PIGEONS.

A pigeon should be carefully cleaned, drawn, and trussed like a fowl (page 198), washed thoroughly and dried with a cloth. Pigeons should not be kept long, as they lose their flavour. Draw them directly they are killed, and cut off the toes at their first joint. Pigeons may be plainly roasted with 1 ounce of butter, and seasoning placed inside the bodies of the birds. Hand brown gravy and bread sauce (page 53). Pigeons may also be stuffed with liver farce (page 64) to which the livers of the birds have been added. A little port may be added to the gravy or sauce, if desired. Pigeons may also be stewed or braised in a casserole.

RABBITS.
(*Lapins.*)

TO TRUSS A RABBIT FOR ROASTING.

Wash and wipe the rabbit dry with a cloth, stuff it with forcemeat and sew it up. Bend the hind legs forwards and the forelegs backwards, cutting the sinews to enable the legs to lie closely to the body. Fix them in place with a trussing needle and string or with skewers. Raise the head and skewer it into position by passing a skewer through the mouth and down the back between the shoulders. Dredge the rabbit with flour and tie some slices of fat bacon over the back.

ROAST RABBIT.
(*Lapin rôti.*)

For 4 or 5 persons.
Time—1 hour.

1 large rabbit; 1 tablespoonful of flour; pepper, salt; 4 ozs. of fat bacon; ½ lb. of veal forcemeat (page 65); 2 ozs. of dripping or butter; 1 pint of brown gravy; red currant jelly.

Prepare the rabbit, stuff it with the veal forcemeat to which the parboiled chopped liver, heart and kidney of the rabbit has been

added, and sew it up. Truss it as directed on page 200. Dredge flour, salt and pepper over it and tie the slices of bacon over the back. Roast the rabbit in front of a clear fire or in a fairly hot oven for about 1 hour, basting it often with the dripping. A short while before serving, remove the bacon and baste the rabbit well. Let it brown. *To Dish.*—Put the rabbit on to a hot dish, remove all skewers and thread. Pour a very little brown gravy or sauce round and hand more in a tureen. Garnish with forcemeat balls or cut lemon ; hand red currant jelly. *Note.*—If desired, the body of the rabbit may be lined with sausage meat and then with veal forcemeat. Sometimes bread sauce (page 53) is served with roast rabbit.

TURKEY.
(*Dinde.*)

ROAST TURKEY.
(*Dinde rôtie.*)

For 6 to 8 persons.
Time—1¼ to 2½ hours, according to the size of the bird.

1 turkey; salt, pepper; 1½ lbs. of veal or sausage forcemeat (page 65); 3 or 4 ozs. of butter or clarified dripping; bread sauce (page 53).

Directions for choosing a turkey will be found on page 20. Break the leg bones close to the feet, cut through the skin two inches below the leg bone, but on no account cut through the tendons. Bend the leg at the joint, and cut the bone. Hang the turkey on a hook, and then pull and twist the leg to get the tendons out. The tendons of a turkey leg are more difficult to draw than a fowl, therefore, by hanging the bird on a hook it is easier to apply more power when pulling. For drawing trussing, and preparing the bird, see directions for drawing a fowl (page 197). Stuff the breast with forcemeat and cover it with greased paper or with a piece of fat bacon. Put the turkey in a baking tin, spread the dripping or butter over the top, place it in a hot oven for the first ¼ hour, then gradually lessen the heat of the oven and finish cooking the bird. Baste frequently. Just before it has finished cooking, remove the paper, dredge the breast with flour, and then with a little butter to froth and brown it. The time depends upon the age and weight of the bird, but a general rule is to allow about 12 minutes to the pound and 12 minutes over. *To Dish.*—Put the turkey on to a hot dish, remove all strings and skewers, make the gravy in the dripping tin, according to the directions for gravy for roast beef (page 72), pour a little round the bird, and hand the rest in a sauceboat. Garnish with forcemeat balls (page 65) or fried sausages, and hand bread sauce (page 53). Turkey may be stuffed with chestnuts or truffles, and instead of brown gravy, chestnut, celery, mushroom or cranberry sauce (pages 54, 55, 52,) may be served with it. A turkey poult may be cooked in the same way as a turkey, but is not usually stuffed.

GAME.

GROUSE.
(*Coq de Bruyère.*)

ROAST GROUSE. *For 3 persons.*
(*Coq de Bruyère rôti.*) *Time*—½ *to* ¾ *hour.*

1 grouse; 1 teaspoonful of lemon juice; 1½ ozs. of butter; 1 slice of fat bacon; 2 ozs. of bacon fat or dripping; salt, pepper; flour; watercress; fried bread-crumbs.

Pluck and draw the bird according to the directions for a fowl (page 197), wipe it inside and out with a damp cloth. Mix a piece of butter the size of a walnut with salt, pepper and lemon juice, and put it inside the bird with the liver. Then truss as for a roast fowl, using, however, a finer trussing needle and fine string. Tie a piece of fat bacon over the breast and roast the bird in front of a clear fire or in a good oven. Baste it often with dripping, bacon fat or butter. A few minutes before serving, remove the slice of bacon and dredge the breast with flour, baste it with a little oiled butter and brown. The time for roasting depends upon the size and age of the bird. A young bird takes from 25 to 30 minutes and an older one ¾ hour. *To Dish.*—Put the grouse on a hot dish, remove the trussing strings and skewers. Make gravy in the dripping tin as for roast beef (page 72), pour a very little round, garnish with watercress. Hand the rest of the gravy in a tureen. Chip potatoes, browned bread-crumbs and a green salad should accompany grouse.

In Scotland grouse are often wrapped in slices of fat bacon and washed sprigs of fresh heather before roasting them.

Black cock is roasted in the same manner.

HARE.
(*Lièvre.*)

TO TRUSS A HARE FOR ROASTING.

Follow the directions for trussing a rabbit (page 200), but curl up the tail and fasten it to the back with a small skewer.

ROAST HARE. *For 6 to 8 persons.*
(*Lièvre rôti.*) *Time*—1¼ to 1½ *or 2 hours.*

1 hare; ½ lb. of well-seasoned veal stuffing (page 65); butter; milk; gravy; 1 glass of port wine; red currant jelly; fat bacon; lemon.

After the hare is prepared, wipe it dry with a clean cloth, fill the inside with well-seasoned veal stuffing, and sew it up. Truss as directed for Rabbit (page 200). Tie some pieces of fat bacon over the body and cover it, head and all with greased paper and roast it in front of a clear fire or in a good oven. Baste well, with milk at first, and later with butter or dripping. When nearly cooked remove the paper and bacon, dredge a little flour over the hare, and baste

it well with butter to make it froth and brown. *To Dish.*—Serve the hare on a hot dish, remove all string and trussing skewers. Make some gravy thickened with flour in the dripping tin, add the port wine and red currant jelly and boil up. Season and strain a little of the sauce round the hare and hand the remainder in a sauce-boat. Garnish the dish with rolls of fried bacon and cut lemon, and hand red currant, rowanberry or gooseberry jelly. *Note.*—Hare is sometimes basted with a thin batter made with 2 ozs. of flour, 1 tablespoonful of salad oil and 1 pint of milk.

A leveret is trussed and roasted like a hare, but is more usually served without stuffing. It may be larded, if desired. The saddle (back and sides of the hare) is often stuffed, larded and roasted or braised, the remainder of the hare being jugged.

PARTRIDGE.

(*Perdrix.*)

ROAST PARTRIDGE.

(*Perdrix rôti.*)

Partridge is trussed, roasted and served according to the directions for roast grouse (page 202). Grilled mushrooms make a good accompaniment to partridges. Young partridges may be dished on a croûte of fried bread, if desired.

PARTRIDGE WITH CABBAGE.

(*Perdrix aux Choux.*)

For 4 persons.
Time—1 *to* 1½ *hours.*

2 partridges; 1 carrot; 1 onion; 2 cloves; ½ teaspoonful of grated nutmeg; 4 rashers of fat bacon; some outside sticks of celery; salt, pepper; ½ lb. sausages; 1 savoy or 2 smaller cabbages; 1 bunch of herbs; 2 ozs. of butter; ½ pint of stock; brown sauce.

Pluck and draw the partridges and truss them for boiling. Cover them with some thin slices of bacon tied on with string. Wash the savoy or cabbages well. Trim them and boil them for about 15 minutes in salted water, then strain and press out the water. Wash, peel, and slice the carrot and onion and celery. Melt the butter in a pan, put in some of the cabbage and other vegetables, herbs, salt, pepper and a little grated nutmeg. Place the partridges, breasts uppermost, on this, then cover them with the rest of the cabbage. Pour the stock over, cover the pan and bring to the boil, then simmer very gently over low heat or in the oven until the partridges are cooked—from 1 to 1½ hours. Should they become too dry, add a little more gravy. *To Dish.*—Remove the partridges and take away all trussing strings or skewers. Arrange the bacon on a hot dish, put the partridges on the top and garnish with the cabbage and

fried sausages cut into neat pieces. Hand brown sauce separately. *Note.*—Partridges may be braised (see Braised Fowl, page 198) and served with celery or mushroom sauce.

PHEASANT.

(*Faisans.*)

ROAST PHEASANT. (PLATE 18)

Pheasant is trussed, roasted and served according to the directions for Roast Fowl (page 198). When plucking a pheasant it is customary to reserve the best of the tail feathers to use as a garnish, and when the bird is dished to put the tail feathers in place.

TEAL AND WIDGEON.

(*Sarcelle.*)

Pluck and truss and roast according to the directions for Wild Duck (see page 205).

WOODCOCK.

(*Bécasses.*)

TO TRUSS WOODCOCK, SNIPE AND WHEATEARS.

Pluck and wipe the outside of the birds very clean. Do not draw them, but remove the gizzards. Skin the heads and necks, but leave them on. Remove the eyes. Twist the joints of the legs to enable the feet to be brought back upon the thighs. Press the legs and wings together, draw the heads round and run the beak through the wings and legs. Tie a string round the legs and breast and pass it round the head and tip of the bill.

ROAST WOODCOCK, SNIPE AND WHEATEARS.

(*Bécasse ou Bécassines ou Vitrec rôties.*)

Time—20 *to* 25 *minutes.*

1 bird per person; butter; toast; fat bacon; lemon; watercress.

Pluck and truss the birds, brush each over with oiled butter and place a piece of fat bacon over the breast. Either roast them in front of the fire or in a Dutch oven or place them on a baking tin in a fairly hot oven and cook from 15 to 20 minutes. Baste often. Put some toast buttered on both sides under the birds to catch the droppings or trail. Remove the bacon a few minutes before serving, flour the birds, baste them with butter and brown them. *To Dish.*—Dish each bird on a piece of toast, remove all strings, garnish with watercress and cut lemon, and hand gravy made in the roasting tin. *Note.*—Snipe should never be over-roasted and must be served very hot. The trails must always be preserved and spread on the toast.

WILD DUCK.
(*Canards Sauvages.*)

TO TRUSS WILD DUCK.

Prepare and truss the birds in the same way as fowls (page 198), except that the feet are left on and twisted backwards close to the thighs.

ROAST WILD DUCKS.
(*Canards Sauvages rôtis.*)

For 4 or 5 persons.
Time—20 to 25 minutes.

2 wild ducks; brown sauce; watercress; butter; 1 lemon; 1 orange; flour; orange salad.

Prepare and truss the wild ducks in the same way as fowls (page 198). *To Dish.*—Put the birds on to a hot dish, garnish with watercress and cut lemon. Hand a brown sauce to which strained juice of an orange has been added, or hand Bigarade sauce (page 55), and orange salad.

Wild duck may be braised, jointed and served on a large croûte of fried bread, coated with Bigarade sauce (page 55), and garnished with orange sections.

PTARMIGAN.

Ptarmigan is one of the smallest of the grouse tribe and is found in mountainous districts. The plumage turns white in winter, hence ptarmigan are often called "white grouse." They are imported from Russia and Norway in large quantities. The flesh of the older birds has a bitter flavour. They are trussed, roasted and served like grouse (page 202).

QUAILS.
(*Cailles.*)

TO TRUSS A QUAIL.

A quail must be plucked, singed and drawn from the neck end. The trail may be left in if liked. Remove the head and neck and cut off the wings at the first joint. Truss them like a fowl.

ROAST QUAIL.
(*Cailles rôties.*)

For 4 persons.
Time—about 15 minutes.

4 quails; bacon; a little gravy; butter; vine leaves; fried bread or toast; watercress; fried breadcrumbs.

Pluck, draw and truss the birds, cover the breasts with vine leaves, and wrap each in a slice of fat bacon. Roast them for 12 or 15 minutes before a very brisk fire or in a good oven, basting constantly with butter. *To Dish.*—Take up the quails, remove the trussing strings, but not the bacon and vine leaves. Dish each bird on a croûton of fried bread or toast. Garnish with watercress, and hand good gravy and fried breadcrumbs.

VEGETABLE DISHES AND SALADS

General Remarks on cooking Vegetables—Recipes for cooking Fresh Vegetables—Recipes for Dried Vegetables—Salads.

HINTS ON COOKING VEGETABLES.

Vegetables must always be carefully prepared, cooked and seasoned. Any damaged leaves or decayed portions must be taken off, and all green vegetables should be soaked in water, to which a little vinegar has been added about half an hour before they are required. Green vegetables should always be boiled without the lid on the pan. A pinch of bicarbonate of soda may be added when the water is very hard, as it helps to preserve the colour of the vegetables, but it should be used sparingly as the soda tends to destroy the finer tissue of the leaves. The closer green vegetables, such as Brussels sprouts, cabbage and so on, should be soaked in vinegar and water in preference to salt and water, as the latter tends to harden the fibre of the vegetables. The vinegar helps to draw out any insects that may be in the vegetables. Cabbages should be cut into quarters, and as much of the stalk as possible cut away. Any vegetable trimmings, if quite fresh, can be put into the stock-pot. Root vegetables, such as potatoes, carrots and so on, should be scrubbed and peeled, or scraped.

Old vegetables may be made into purées after they have been cooked, as the sieving of the vegetables eliminates the hard fibres.

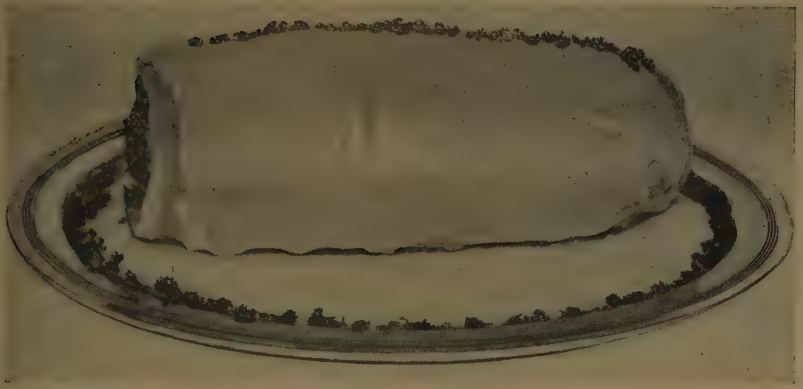
TO BOIL VEGETABLES.

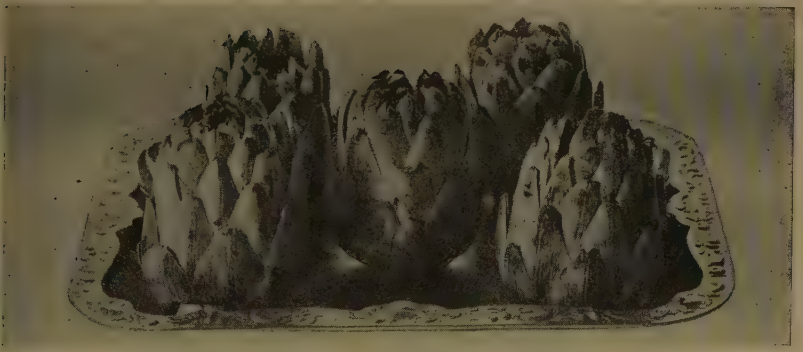
All vegetables should be put into boiling water, with the exception of old potatoes, and boiled slowly until tender. Green vegetables must be boiled with the lid off the pan, or they will lose their colour. A little salt should be added to the water. Never boil vegetables in an iron saucepan, as the iron tends to destroy the colour and flavour of the vegetables. A lined or enamel pan should be used, and earthenware casseroles are excellent for vegetable cooking.

TO STEAM VEGETABLES.

Steaming is a more satisfactory way of cooking vegetables than boiling, though the vegetables lose colour when they are steamed. The food value is, however, enhanced, as the mineral salts are retained in the vegetables instead of being boiled out into the water.







BAKED ONIONS. (*See page* 215.) STUFFED MARROW. (*See page* 222.)
GLOBE ARTICHOKES. (*See page* 207.)



MIXING



FOLDING IN BUTTER.



CUTTING OUT VOL-AU-VENT CASES. (*See page* 241.)

MAKING PUFF PASTRY. (*See page* 236.)

To eliminate the strong flavour of the coarser kinds of vegetables, when they are steamed, plunge the vegetables into boiling water for a minute or two and then rinse them in cold water. Drain well and steam.

Method of Steaming.—Prepare the vegetables as for boiling, put them into boiling water for a few minutes, rinse, drain and put them into a steamer, over a pan of boiling water, and cook until the vegetables are tender. It takes 20 to 30 minutes longer to steam than to boil vegetables.

TO STEW VEGETABLES.

Stewing or stoving is a very good way of cooking vegetables, as all the flavour and mineral salts are preserved by this method.

Prepare the vegetables as for boiling, then blanch them by putting them into a pan of boiling salted water for four or five minutes. Drain well and rinse in cold water. Put half to one ounce of fat to every pound of vegetables, into a casserole or pan, and half a teacupful of water. Add the vegetables and sprinkle them with salt and pepper. Cover the pan or casserole closely, and cook very gently over low heat or in a moderate oven, until the vegetables are tender and the moisture nearly absorbed.

Serve in the casserole (if cooked in one) otherwise dish in a hot vegetable dish.

TO BRAISE VEGETABLES.

Prepare the vegetables as for boiling. Blanch, rinse in cold water, dry and season. Put in a pan or casserole with 2 or 3 slices of fat bacon, a sliced onion, herbs and about ½ pt. of stock. Cover with greased paper, put on lid and cook in a moderate oven until tender. Stuffed or unstuffed cabbages and lettuces, onions and leeks braise well.

ARTICHOKES.

(*Artichauts.*)

There are three kinds of artichokes—Jerusalem, Japanese and Globe. The two former are root vegetables, with a slight resemblance to a potato. The Jerusalem artichoke is a fairly cheap, and very useful winter vegetable, which may be cooked in various ways, and makes an excellent soup.

The Globe artichoke is a green vegetable, and very delicate in flavour. The base of the leaves and the bottom are edible.

BOILED GLOBE ARTICHOKES. (PLATE 23). 1 *person.*
(*Artichauts bouillis*) *Time*—¾ *hour.*

1 artichoke per person; lemon juice; water; salt.

Young fresh green artichokes should be chosen for boiling. Cut off the stem and remove the large bottom leaves. Wash the arti-

chokes well, and soak them in cold water to which a handful of salt, or a few drops of vinegar have been added. Rinse them in fresh water, and drain them. Put the artichokes, head downwards, into a pan three-quarters full of boiling salted water, to which a teaspoonful of lemon juice has been added and boil them rapidly for 10 minutes. Reduce the heat, and simmer them gently from ½ to ¾ hour, or until the leaves can be easily detached. Drain them well and remove the choke, or flowery part from the centre. *To Dish.*—Serve them on a folded napkin. Dutch sauce (see page 56) or melted butter can be served separately with them.

BOILED JERUSALEM ARTICHOKES.

For 6 *persons.*
(*Topinambours bouillis.*) *Time*—20 *minutes.*

2 lbs. of Jerusalem artichokes; 1 dessertspoonful of salt to each pint of water; vinegar or lemon juice; ¾ pint of melted butter sauce (page 51).

Wash the artichokes very clean, peel and cut them into a round or oval form. As each artichoke is peeled, put it into a basin of cold water, to which a few drops of lemon juice or vinegar have been added, as they turn black very quickly when exposed to the air. When all are ready, drain and put them into a pan of boiling salted water. Bring them to the boil, then simmer until the artichokes can be easily pierced with a fork (about 20 minutes). The artichokes should be tried frequently after the first ½ hour, as if over-cooked, they become black and lose their flavour. *To Dish.*—Drain the artichokes well, and put them in a hot vegetable dish. Pour melted butter sauce over them.

A purée of artichokes is made by rubbing them when cooked through a sieve, and re-heating with butter, cream or milk.

ASPARAGUS.

(*Asperges.*)

Asparagus is a wholesome vegetable, very delicate in flavour and very popular.

TO PREPARE ASPARAGUS.

Cut the sticks of asparagus all the same length, and scrape them lightly with a knife, from the green part downwards. Wash them carefully in cold water and tie them in bundles of 6 or 8, keeping the heads the same way, and allow them to soak for 1 hour. Asparagus may be boiled or steamed and may also be eaten cold or made up into various entrées.

BOILED ASPARAGUS.

(*Asperges bouillies.*)

Have ready a saucepan, half filled with boiling water and large enough to allow the asparagus to lie flat, and boil gently until the green part is tender. *To Dish.*—When cooked, drain well and serve

on a folded napkin, or in a proper asparagus dish. Dutch sauce (page 56) or oiled butter may be served separately.

STEAMED ASPARAGUS.

Prepare the asparagus as for boiling, tie it in muslin and put it into a steamer over a saucepan of boiling water, and steam until the green part is soft. Drain well and serve as for boiled asparagus.

AUBERGINES.

(*Aubergines.*)

Aubergines, or egg plants, belong to the vegetable marrow tribe. Boiled or baked, they make an extremely nice entrée when stuffed, and are becoming increasingly popular in this country.

BAKED AUBERGINES.

(*Aubergines au Four.*)

For 4 *persons.*
Time—20 *minutes.*

2 aubergines; 1 oz. butter or margarine; water; ½ pint brown sauce (page 50); salt, pepper.

Wipe the aubergines with a cloth and remove the stalks, then put them into a pan of boiling salted water and boil for 10 minutes. Take them out of the water and let them become cold. Cut them in halves and remove the seeds. Melt the butter or margarine and brush it over the aubergines. Put them neatly into a greased gratin dish and bake in a quick oven until soft (about 10 minutes). *To Dish.*—Pour the brown sauce over and serve on the dish in which they were cooked. *Note.*—If desired, grated cheese may be mixed with bread-crumbs and sprinkled over the aubergines before baking them. Aubergines may be stuffed with any meat mixture and baked.

BROAD, OR WINDSOR BEANS.

Broad beans are very nutritious, but are not easily digested and should not be given to invalids. The outer skin must be removed, unless the beans are very young, as it is very indigestible. The beans should be used as fresh as possible.

BROAD BEANS WITH BUTTER.

(*Fèves au Beurre.*)

For 3 *or* 4 *persons.*
Time—20 *to* 40 *minutes.*

1 pint of shelled beans; salt, pepper; 1½ ozs. of butter; 1 dessertspoonful of chopped parsley.

To Prepare and Boil.—Shell the beans just before they are to be cooked, as if shelled too long beforehand they become hard. If the beans are old, put them into a basin and cover them with boiling water, let them stand for a few minutes, then remove the skins. This is not necessary with young beans. Drain, and put them into fast boiling, slightly salted water, and allow them to boil gently until tender (from 20 to 40 minutes). Remove any scum. When they are cooked, drain them well. Melt the butter in a pan,

add the beans, and stir them over the fire for a few minutes. Season them with salt and pepper. *To Dish.*—Serve them in a hot vegetable dish, and sprinkle them with chopped parsley. If preferred, the beans may be coated with parsley sauce. *Note.*—Boiled beans should always be served with boiled bacon, or pork.

BOILED FRENCH OR SCARLET RUNNER BEANS.

For 3 or 4 persons.

(*Haricots Verts bouillis.*) *Time*—15 *to* 20 *minutes.*

1 or 2 lbs. of French beans; salt; a pinch of carbonate of soda; water; ½ oz. of butter.

Cut off the tops and bottoms of the beans, and remove the strings from each side, then cut the beans into crosswise slices, and as they are cut, put them into cold water with a little salt. Drain and put them into a pan with enough boiling salted water to cover them, add the carbonate of soda and boil them quickly without a lid for 15 to 20 minutes, or until tender. When tender, the beans will sink to the bottom of the pan. Remove all scum, as it discolours the vegetables. Drain them in a colander. *To Dish.*—Put the beans into a hot vegetable dish, and stir ½ oz. of butter into them.

BEETROOT.

(*Betterave.*)

There are several kinds of beetroot, the round turnip-shaped and the long carrot-shaped being the most generally used for the table. Young beetroots should be chosen, as when old, they are apt to be tough and fibrous. Beetroots can generally be bought already cooked, and they should be a dark red in colour. If bought uncooked, see that the skin is quite whole and has not been scratched or pierced before cooking, as if the skin is broken before the beet is cooked, the juice runs out, and the rich colour of the beetroot is lost. Beetroots may be served hot as a vegetable, or cold as a salad, with a sharp dressing.

BOILED BEETROOT.

For 2 or 3 persons.

(*Betterave bouilli.*) *Time*—1½ *to* 2 *hours.*

1 large beetroot; melted butter or parsley sauce (page 51, 55); salt, pepper; vinegar or lemon juice; oil; chopped parsley.

Choose a young beetroot, cut off the leaves, and wash it carefully. Put it into a saucepan of boiling water, large enough to hold it without breaking it. Add a dessertspoonful of salt, and boil gently with the lid on the pan. When cooked, drain and peel it quickly. *To Dish.*—If the beetroot is to be served hot as a vegetable, put it into a hot dish, season, and pour melted butter or parsley sauce over it. If used cold, peel and cut the beetroot into slices, sprinkle them with salt and pepper, and pour over a little vinegar or lemon juice, and a spoonful of oil if desired. Sprinkle with chopped parsley.

BROCCOLI.

(*Brocoli.*)

There are two kinds of broccoli—white and purple. It is a hardier vegetable, with a coarser head than cauliflower, and is a useful winter vegetable. It is cooked in the same way as cabbage.

BRUSSELS SPROUTS.

(*Choux de Bruxelles.*)

Brussels sprouts are more delicately flavoured than cabbage. They should be firm, close, and not larger than a walnut. They are boiled like cabbage or steamed and made up in various ways.

CABBAGE.

(*Chou.*)

Cabbage can be obtained all the year round, and is the cheapest and most popular of vegetables.

BOILED CABBAGE.

(*Chou bouilli.*)

For 4 or 5 persons.
Time—½ to ¾ hour.

1 cabbage; 1 teaspoonful of salt to each quart of water; a small piece of soda.

Pick off all the dead leaves, and cut as much stalk as possible from the cabbage; cut it across at the stalk end, or if very large, divide it into quarters. Soak it in cold water to get out any insects, and drain it, then put it into a pan with plenty of fast boiling water, to which salt and a very small piece of soda has been added, and boil it without a lid to the pan. *To Dish.*—Drain the cabbage well, pressing out all the moisture with a vegetable presser. Put it into a hot vegetable dish and cut it across in slices. Savoys and all green vegetables may be boiled in the same manner.

To stove or stew cabbage, see page 207.

RED CABBAGE.

(*Chou Rouge.*)

Red cabbage is more usually pickled in this country, but it may be cooked according to any recipe for ordinary cabbage, and makes a good accompaniment to boiled bacon or game.

CARROTS.

(*Carottes.*)

BOILED CARROTS.

(*Carottes bouillies.*)

For 4 to 6 persons.
Time—20 minutes; if large, 1½ to 1¾ hours.

1 lb. of carrots; water; salt.

When young and small, carrots need only be washed without scraping, the skin being wiped off with a rough cloth, if necessary, after they are boiled; older carrots should be scraped. Put young

carrots into a stewpan with enough boiling water to cover them, and add ½ teaspoonful of salt. Boil them fast for 20 minutes, then take them out, rub off the skins, if necessary, with a clean cloth, and put them whole into the dish. If the carrots are old, scrape or peel them and wash them; if large, cut them in slices, and boil them in plenty of boiling salted water until they are tender. *To Dish.*—Drain the carrots and arrange them neatly on a hot dish. If preferred, the carrots may be cut into dice and pressed into a basin when cooked, and turned out in a mound in a vegetable dish.

CAULIFLOWERS.
(*Choufleurs.*)

Cauliflowers are boiled like cabbage (page 211), but with the heads downwards, and are served with a white sauce. They make a good entrée coated with a cheese sauce (page 54), and are then called Cauliflower au gratin.

CAULIFLOWER FRITTERS.
(*Beignets de Choux Fleur.*)

For 4 persons.
Time—10 *minutes to fry.*

1 cooked cauliflower; parsley; frying batter (page 63); salt, pepper; frying fat; cayenne.

Break off sprays of the cauliflower, which should be very well drained, and sprinkle them with a little salt, pepper and cayenne. Make the fat hot in a deep saucepan, and when a faint blue smoke begins to rise, put the pieces of cauliflower into the prepared batter and then drop them into the hot fat. Fry them until they are a pale brown, and drain them well on soft paper. *To Dish.*—Pile the fritters neatly on a hot dish, sprinkle them with a little fine salt, and garnish with parsley. If desired, a little grated cheese may be sprinkled over the fritters after they are cooked.

Cooked Brussels Sprouts may be fried in this manner.

CELERIAC.
(*Céleri Rave.*)

Celeriac, or turnip-rooted celery, is much used abroad, though only of late years has it become popular in this country. It has the same flavour as ordinary celery, but the root, and not the leaf, is edible. It can be cooked according to any recipe for celery or turnips, and when cooked makes a very nice salad.

CELERY.
(*Céleri.*)

Celery is a very useful vegetable, as it can be eaten either raw or cooked, and it also forms a pretty garnish to various dishes. It is a winter vegetable, and is never at its best until after a touch of frost. The roots, green tops, and outside leaves may be used as

flavourings for soups and stews. When fresh celery is out of season, the seeds, tied in muslin, may be used as a flavouring, and the green tops, if dried in the oven and kept in a tin, may be used for the same purpose also. Celery will keep for some days if placed in cold water, which should be changed daily.

CELERY A LA CRÈME.

(*Céleri à la Crème.*)

For 3 *or* 4 *persons.*
Time—½ *to* ¾ *hour.*

1 head of celery; 1 oz. of butter; 1 tablespoonful of cream; ¼ pint of milk; a pinch of grated nutmeg; ½ oz. of flour; salt, pepper; parsley.

Wash, scrub, trim the celery, and cut it into pieces about 3 or 4 inches long. Boil these in salted water until tender. Melt the butter in a pan, add the flour and blend it well. Add the milk and stir until it boils. Season it and simmer for 5 minutes. Drain the celery well, add it to the sauce and re-heat the whole. Add the cream and grated nutmeg. *To Dish.*—Put the celery into a hot vegetable or gratin dish, and pour the sauce over or round. Garnish with tiny sprays of parsley or with the celery leaves. A richer dish may be made by adding the yolks of one or two eggs to the sauce, after it is cooked. Stir it over low heat to thicken the eggs, but on no account let the sauce boil after the eggs are added.

CHICORY, OR BATAVIAN ENDIVE.

(*Escarole.*)

Chicory is another form of endive, the leaves of which are tied up and blanched like celery. It resembles seakale and may be cooked according to any recipe for that vegetable.

CUCUMBERS.

(*Concombres.*)

Cucumbers may be served either raw or cooked. When cooked they have a very delicate flavour, and are more digestible than when eaten raw. They may be cooked according to any recipe for vegetable marrow and may be stuffed with a veal or sausage force-meat or a mince of any cooked meat, poultry or game. Small cucumbers, or gherkins, are usually pickled.

CURLY KALE, OR CURLY GREENS.

(*Chou Frisé.*)

Curly kale or curly greens are a species of the cabbage family, and have very curly heads. They must be very fresh and require careful washing and picking over before use. The hard pieces of stalk must be removed, and they may then be cooked according to any recipe for cabbage.

ENDIVE.

(*Chicorée Frisée.*)

There are various species of endive, the most generally used having a curly deeply serrated leaf, the inner leaves being a pale greeny white. Endive makes a very decorative salad, but has a slightly bitter flavour, to which some people object. It may be cooked according to any recipe for spinach.

HORSERADISH.

(*Raifort.*)

Wash, brush and scrape the brown outside from one or two sticks of horseradish, and lay them in cold water for nearly an hour; then scrape them into very fine shreds with a sharp knife. Use as a garnish to roast beef.

LEEKS.

(*Poireaux.*)

The leek belongs to the onion tribe, but is very much milder, and more delicate in flavour. Leeks make excellent soup and are often boiled or stewed and served with white sauce.

LETTUCES.

(*Laitues.*)

There are two kinds of lettuce, the cos lettuce, and the cabbage lettuce. The cos lettuce is long and upright in form. It comes into season later in the summer than the cabbage lettuce, which is round, with short leaves. Lettuces are one of the most popular of salad vegetables, but they may also be cooked and used as a vegetable, especially when they are too old to use as a salad.

MUSHROOMS.

(*Champignons.*)

The greatest care is requisite in the choice of mushrooms, as illness has been occasioned by the careless use of the poisonous kinds. *Edible mushrooms* are generally white or brownish in hue, the colour of the gills varying from salmon pink to nearly black. They have firm brittle flesh, and do not change colour when cut. The juice is watery, and not milky, the stalks thick and frilled; they should peel easily, and have an agreeable odour. Mushrooms should never be over-cooked or they become hard.

BAKED MUSHROOMS.

(*Champignons au Four.*)

For 4 persons.
Time—20 *to* 30 *minutes.*

20 mushroom flaps; ½ lb. of butter; pepper and salt.

Peel the mushrooms. Cut off a portion of the stalks, and wipe the mushrooms carefully with a piece of flannel dipped in salt.

Lay the mushrooms in a greased fireproof dish, put a small piece of butter on the top of each, and season them with pepper and salt. Put the dish in the oven, and bake them from 20 to 30 minutes. *To Dish.*—Serve the mushrooms in the dish in which they were cooked, and hand Maître d'Hôtel sauce (see page 55). If desired, the mushrooms may be dished on a line of mashed potatoes on a hot dish with brown sauce poured round.

GRILLED MUSHROOMS.

For 2 or 3 persons.

(*Champignons grillés.*) *Time—About 12 minutes to grill.*

6 large mushrooms; juice of 1 lemon; 2 ozs. of butter or 2 tablespoonsful of salad oil; pepper and salt.

Peel and score the under part of the mushrooms, put them into an earthen dish or casserole, and baste them well with melted butter or oil. Sprinkle them with pepper and salt, and leave them to soak for 1½ hours. Put them on a greased gridiron over a clear fire, or under a gas or electric griller, and cook them, turning them once. *To Dish.*—Serve the mushrooms on hot buttered toast, and sprinkle them with salt, pepper and lemon juice. If preferred, they may be served without the toast on a hot dish with a small pat of Maître d'Hôtel butter (see page 62) on each mushroom.

ONIONS.

(*Oignons.*)

There are various kinds of onions, the larger Spanish ones being milder in flavour than the smaller English ones. Leeks, shallots, chives, and garlic all belong to the onion family. To eliminate the strong flavour of onions, to which some people object, they should be scalded, *i.e.*, put them into cold water, bring them to the boil, and then drain before using them.

BAKED OR BRAISED ONIONS. (Plate 23).

For 3 or 4 persons.

(*Oignons au Four.*) *Time—1½ to 2 hours.*

4 Spanish onions; ½ pint of brown sauce (page 50); salt, pepper.

Wash and remove the roots of the onions, but do not peel them. Put them into boiling salted water, and boil them quickly for 1 hour. Take up the onions and drain them well, then roll them in a piece of greased paper, and bake them for another hour in a slow oven. When cooked remove the peel. *To Dish.*—Put the onions into a vegetable dish and pour over the brown sauce.

Another method of baking onions is to peel them, boil them for 5 minutes and drain, then put them into a casserole, or fireproof dish; season them with salt and pepper, and pour over ½ pint of milk. Add 2 ozs. of dripping broken into pieces, put the lid on the

casserole and bake them in a moderate oven until the onions are tender, about 1½ to 2 hours. Baste them occasionally. *To Dish.*—Serve the onions in the casserole.

Onions may be boiled and served coated with white, brown or tomato sauce (pages 51, 50, 53).

PARSNIPS.
(*Panais.*)

The parsnip is a root vegetable of the carrot tribe, but is light in colour. It contains a certain amount of sugar and starch, but is inclined to be rather fibrous, which renders it indigestible to some people. It makes an excellent accompaniment to salt fish, or meat, and is used as a flavouring vegetable for soups and stews. It may be cooked according to any recipe given for carrots, and is extremely palatable mashed, or made into a purée.

GREEN PEAS.
(*Petits Pois.*)

BOILED GREEN PEAS.
(*Petits Pois bouillis.*)

For 2 persons.
Time—12 *to* 15 *minutes if young;* 20 *to* 25 *minutes if large.*

2 lbs. of peas; 1 teaspoonful of white sugar; 1½ ozs. of butter; 1 teaspoonful of salt; 1 or 2 sprigs of mint.

Shell the peas and put them into a saucepan of boiling water, with the salt, sugar and mint; boil them for about ½ hour with the saucepan lid off. *To Dish.*—When tender drain them through a colander and put them into a dish, with the butter and a very little pepper. Stir them well and put the sprigs of mint on the top. Serve them very hot. For a purée sieve the peas and re-heat in butter.

POTATOES.
(*Pommes de Terre.*)

BOILED NEW POTATOES.
(*Pommes de Terre nouvelles.*)

For 3 or 4 persons.
Time—15 *to* 30 *minutes.*

1½ lbs. of new potatoes; a spray of mint; salt; 1 dessertspoonful of chopped parsley; 1 oz. of butter or margarine.

Wash the potatoes, scrape the skins with a knife. If they are very young the skins can be removed by brushing without scraping them. Put them into a saucepan with enough boiling water to cover them, add a teaspoonful of salt, and a spray of mint. Bring them to the boil, then simmer gently for 15 to 20 minutes, or until they are soft when tried with a fork. Drain off all the water, and shake them over low heat until they are dry. *To Dish.*—Turn them into a hot vegetable dish, add the butter, and sprinkle chopped parsley over. New potatoes may be steamed in a steamer.

BOILED OLD POTATOES.

(*Pommes de Terre bouillies.*)

For 4 to 6 persons.
Time—20 minutes after the water boils; large ones, ½ hour.

2 lbs. of potatoes; salt; water.

Peel some potatoes as nearly the same size as possible. Put them into cold water as they are peeled, then put them into a saucepan, cover them with cold water, add a pinch of salt. When the water boils, simmer the potatoes gently. When done drain off the water, and sprinkle a little salt over them. Cover them with a cloth, and leave them by the side of the fire to dry. Shake the pan two or three times, and then serve them in a hot vegetable dish.

Potatoes may be boiled in their skins if well scrubbed. Serve with the skins on, or peel them after they are cooked.

Potatoes may be steamed over a pan of hot water either peeled or unpeeled. Boiled or steamed potatoes if sieved or put through a vegetable presser are called rice or snowflake potatoes.

BAKED POTATOES.

(*Pommes de Terre rôties.*)

For 3 to 6 persons.
Time—1 hour.

1 to 2 lbs. of potatoes; butter; pepper; salt.

Choose potatoes as much the same size as possible, large ones being the best for baking. Wash and brush them in cold water until they are perfectly clean. Wipe them dry, prick them with a fork and put them into a moderate oven, either on the shelves or on a baking tin, and cook slowly until they are tender. The oven must not be too cold, or the potatoes will not cook; neither must it be too hot, or the skins become so hard that the steam cannot escape, and the potatoes become sodden, instead of dry and floury. To test when done press them gently between the thumb and finger, when they will feel soft. *To Dish.*—Place the potatoes on a folded napkin on a hot dish, and hand butter, salt and pepper.

Peeled potatoes may be placed under the meat in the dripping tin, and roasted with it.

FRIED POTATOES.

(*Pommes de Terre frites.*)

For 4 or 5 persons.
Time—6 or 7 minutes each batch.

1 lb. of potatoes; frying fat; salt.

Wash, peel the potatoes, and cut them into cubes. Wash them again, then dry them in a cloth, leaving them folded in the cloth until ready to fry. Heat a large saucepan of fat (lard or clarified dripping) and when a faint blue smoke rises from it put some of the potatoes in a frying basket, and lower them gently into the hot fat. They must be well covered with fat. Fry them until pale brown, shaking the basket gently, and if necessary turning them over. The fat must be very hot when the potatoes are put in,

but the heat may be lessened under the pan later, as the potatoes must not only colour but should be soft inside. When cooked, lift out the basket and let it drain ; then turn the potatoes on to a piece of soft paper, and keep them hot while the remainder are fried. Too many potatoes should not be put in the fat at once, or it becomes chilled, and the potatoes are likely to become sodden instead of crisp and brown. *To Dish.*—Sprinkle fine salt over the potatoes, and serve them on a lace paper placed on a hot dish. These are usually called potato chips. Cut into thin strips they are called straws or matches.

Sauté Potatoes are cold cooked potatoes, sliced and fried in a small quantity of fat in a shallow frying pan.

POTATO CROQUETTES.
(*Croquettes de Pommes de Terre.*)

For 4 persons.
Time—To fry, 10 minutes.

1 lb. of cooked potatoes; a pinch of nutmeg; 2 ozs. of breadcrumbs; 1 oz. of butter; 1 teaspoonful of chopped parsley; pepper and salt; 1 egg; fried parsley; milk, if necessary.

Rub the potatoes through a sieve. Melt the butter in a pan, add the potatoes, make them hot and season them well. Add the chopped parsley, nutmeg, and the beaten yolk of an egg. If too dry add a very little milk. Turn the mixture on to a plate to cool. Divide it into equal portions, flour the hands, and roll the mixture into balls or any shape desired, such as pear shapes, cutlets, cones, rolls. Beat up the white of the egg and brush the croquettes with it ; then roll them in breadcrumbs. Fry these croquettes in hot fat, drain well on soft paper. *To Dish.*—Pile the croquettes neatly on a lace paper on a hot dish and garnish with fried parsley.

Note.—This mixture may be used as a border on which to dish cutlets, fillets, quenelles, and so on.

MASHED POTATOES.
(*Purée de Pommes de Terre.*)

For 4 to 6 persons.
Time—½ hour.

1½ lbs. of cooked potatoes; salt and pepper; 1 or 2 ozs. of butter; a little milk.

Rub the potatoes through a sieve or put them through a potato masher. Melt the butter, mix it with the mashed potatoes. Add sufficient milk to make a smooth mash, taking care the potatoes are not too wet, and season it well. *To Dish.*—Put the potatoes into a dish, smooth them neatly with a knife, and serve. This may be greatly improved by browning the potatoes in the oven, or under a griller after dishing them.

PUMPKIN.
(*Potiron.*)

Pumpkins belong to the same family as the vegetable marrow, and may be cooked according to the recipes for that vegetable.

Pumpkins grow to a good size, and are generally sold by the pound. They may be used for meat or savoury dishes, and make excellent soup or vegetable entrées.

RADISHES.

(*Radais.*)

There are three kinds of radishes, the long red radish, the small turnip-shaped, and the winter or white radish. Radishes should be freshly gathered, and very tender, to be in perfection. Cut off the leaves, leaving about an inch of stalk. Wash them well in cold water, rubbing off all the soil with a brush. Trim neatly, and put them in cold water for an hour. They may be served whole, or cut into thin slices. Arrange them on a plate with the stalk ends downwards. They may also be used as a salad and may be boiled and served with white sauce (page 51).

SEAKALE.

(*Chou Marin.*)

Seakale is a delicate vegetable, somewhat like asparagus in flavour. The stems of the plant are earthed up like celery, to blanch them. It may be cooked according to any recipe given for cooking celery, and may be served cold with mayonnaise, or Tartar sauce (pages 58, 60.)

BOILED SEAKALE.

(*Chou Marin bouilli.*)

For 3 or 4 persons.
Time—20 *minutes.*

1 lb. of seakale; ½ pint of melted butter (page 51); salt.

Tie the seakale up in bundles, and put it into a stewpan of boiling water, with a teaspoonful of salt. Boil for about 20 minutes, or until it is tender. *To Dish.*—Drain the seakale well. Dish it in a hot vegetable dish, and pour the melted butter over. Cooked seakale may be served " au gratin " with a cheese sauce (page 54).

SPINACH.

(*Épinard.*)

BOILED SPINACH.

(*Épinard bouilli.*)

For 3 or 4 persons.
Time—10 *to* 15 *minutes to boil;* 4 *or* 5 *minutes to warm.*

2 lbs. of spinach; nutmeg; 2 ozs. of butter; pepper and salt; croûtons of fried bread.

Remove the stalks and any decayed portions from the spinach, wash it in several waters until not a particle of grit remains. Lift it out of the water with the hands, and put it into a pan with the water adhering to the leaves. Place it over low heat until the water in the spinach itself begins to ooze out, then cook gently until it is soft. Drain it well through a colander, then either chop it

finely or rub it through a sieve. Melt the butter in a pan, add the spinach, season with salt, pepper and a pinch of grated nutmeg and stir it over the fire until it is hot. *To Dish.*—Put the spinach into a hot dish, and garnish with croûtons of fried bread, or press it into a hot mould, and turn it out.

Spinach à la Crème is cooked sieved spinach, reheated with butter and cream.

Spinach purée is sieved spinach mixed with white sauce. It must be fairly stiff as it is used as a garnish.

TOMATOES.

(*Tomates.*)

Tomatoes lend themselves to such a variety of treatment that they prove a most valuable addition to the ménu. They may be eaten raw or cooked and make excellent pickle, ketchup, or jam. They may also be bottled.

STUFFED TOMATOES. (Plate 25).

(*Tomates farcies.*)

For 4 or 5 persons.
Time—10 *to* 15 *minutes.*

6 tomatoes; 1 oz. of butter or margarine; salt, pepper; chopped parsley; 2 ozs. of breadcrumbs; 1 tablespoonful of brown sauce (page 50); 6 round croûtons of fried bread or toast; 2 ozs. of minced chicken, game, ham or tongue, or the 2 latter mixed with either of the former.

Wipe the tomatoes and remove the stalks. Cut a small round piece from the top of each. Scoop out the soft part from the inside very carefully with the handle of a teaspoon, and put it into a basin. Great care must be taken not to break the skin of the tomatoes. Sprinkle salt and pepper inside and invert the tomatoes on a plate to let them drain. Rub the portions taken from the tomatoes through a sieve, or strainer. Mince the meat and mix it with the tomato purée, sauce, chopped parsley, and breadcrumbs; season the mixture well. Melt the butter in a pan, put the mixture into it and stir it over low heat for a few minutes to allow the breadcrumbs to swell. Fill the tomatoes with this stuffing, piling it high on the top. Sprinkle a few crumbs over and put a piece of margarine on the top of each tomato. Place them on a greased baking tin, cover them with greased paper and cook them in a moderate oven until tender (from 10 to 15 minutes). Care must be taken not to overcook the tomatoes, or they will break. *To Dish.*—Put each tomato on a croûton of fried bread or toast and dish them on a paper, on a hot dish. Garnish with parsley or watercress. If desired, a little brown sauce may be handed, but this is not necessary. *Note.*—Tomatoes may be stuffed with any kind of meat or with two kinds mixed, or with cooked rice or macaroni mixed with sauce and cheese, or with any vegetables mixed with a sauce or with beaten egg. Chopped nuts or nut

purée form a nourishing filling for tomatoes. Tomatoes are also very nice cold, stuffed with any kind of salad vegetable mixed with mayonnaise sauce.

TURNIPS.
(*Navets.*)

MASHED TURNIPS.
(*Purée de Navets.*)

For 4 persons.
Time—1 *to* 1¼ *hours; young ones,* 20 *minutes.*

2 lbs. of turnips; salt, pepper; water; 2 ozs. butter; cream or milk.

Wash, pare the turnips thickly, and cut them into quarters, put them into a stewpan of boiling salted water, and boil them until quite tender. Drain them and rub them through a colander with a wooden spoon, add a tablespoonful or two of cream or milk, and put them into another stewpan with the butter, pepper and salt. Stir them over the fire until thoroughly mixed and very hot. *To Dish.*—Pile the purée in a hot dish, and serve it with boiled mutton. Turnip tops are cooked in the same way as cabbage (page 211).

VEGETABLE MARROW.
(*Courge.*)

There are various kinds of vegetable marrows, each belonging to the gourd family. The most delicate marrows are those which are quite small, in which the seeds have not begun to form. These are cooked whole, but the older marrows require peeling, and cutting into pieces, the seeds being removed. Marrow is easily digested, and delicate in flavour, but should be baked, steamed or braised, in preference to boiling, as boiling renders it rather insipid. It is usually served with a sauce, to give it flavour.

BOILED VEGETABLE MARROW.
(*Courge bouillie.*)

For 4 persons.
Time—10 *to* 20 *minutes.*

1 medium-sized marrow; 1 tablespoonful of salt to 2 quarts of water; ½ pint of white sauce (page 51).

Peel the marrow, take out the seeds, cut it into slices about 4 inches in length, put these into a saucepan of boiling salted water, and cook them gently until tender (from 10 to 20 minutes). *To Dish.*—Drain the marrow well, put it into a hot vegetable dish, and coat it with the white sauce. *Note.*—Steamed marrow is really nicer, and less insipid than boiled marrow, as being very watery, marrow loses all its flavour when boiled. Prepare it as for boiling, then put it into a steamer, over a pan of boiling water, sprinkle a little salt over, put the lid on the steamer, and cook until tender ½ to ¾ hour). *To Dish.*—Drain it and dish as for boiled marrow.

STUFFED VEGETABLE MARROW. (PLATE 23). *For 4 persons.*
(*Courge farcie.*) *Time—½ to ¾ hour.*

1 vegetable marrow; ½ pint of brown, white or tomato sauce (pages 50, 51, 53); 1 teaspoonful of chopped parsley; ½ teaspoonful of grated lemon rind; 3 ozs. of breadcrumbs; 1 teaspoonful of chopped herbs; 1 lb. of minced beef; 1 gill of white sauce for binding rissoles (see page 55).

Put the beef through a mincing machine, mix it with the breadcrumbs, parsley, herbs, and grated lemon peel. Mix them with the sauce, and season them well. Peel the marrow thinly, cut off a piece from the top, and with a spoon carefully scoop out the seeds. Put the mince into the centre, and fasten on the top again. Wrap the marrow round with greased paper, fasten it with tape or string, and put it on a well greased baking tin, or in a casserole. Cover it with another tin, or put the lid on the casserole, and bake it in a moderate oven for ½ to ¾ hour, or until the marrow is tender. *To Dish.*—Remove the paper and tape from the marrow, place it on a hot dish. Pour over the sauce and garnish it with a little parsley and serve hot. *Note.*—Any savoury mixture may be used for stuffing the marrow, whether it be meat, poultry, sausage, game or vegetables only. The marrow may be coated with any sauce desired, white or brown. For a vegetarian dish, the marrow may be stuffed with lentils, haricot beans, or a nut forcemeat (see page 65). It should then be coated with a sharp sauce, such as tomato, or brown sauce (pages 53, 50).

WATERCRESS.

(*Cresson.*)

Watercress is very rich in mineral salts, and is much used as a salad vegetable. It also makes an excellent soup, and may be cooked in the same way as any other green vegetable.

SALADS.

(*Salades.*)

Salads are always in demand and can be made in great variety, from almost any edible material, cooked or uncooked. They may be roughly divided into plain salads which usually accompany some dish, and are mainly composed of salad vegetables, and salades composées, which form a separate course and are composed of cooked fish or meat, nuts, vegetables and perhaps rice. A real French salad consists of but one kind of vegetable mixed with a few herbs, and plainly dressed with an oil and vinegar or vinaigrette dressing. The French consider that the delicate flavours of the different vegetables become impaired if mixed together. Sharp, rather tart fruits are often introduced into salads nowadays, especially in salads of American origin. The secret of successful salad-making lies in the skilful blending of the different ingredients, which should be of the best quality, and the attractive serving of the same, for a salad must always look cool and inviting. Salad should be served in glass or china bowls or in individual scallop-shaped dishes.



PL. 25.

STUFFED TOMATOES. (*See page* 220). RUSSIAN SALAD. (*See page* 225). HORS D'ŒUVRES. (*See page* 89).

PREPARING SALAD VEGETABLES.

Green vegetables should be young, fresh and crisp. Wash them carefully in cold water and handle as little as possible. Dry them by shaking in a wire salad basket or on a sieve; toss them lightly in a clean dry cloth, and spread out as much as possible on the cloth, placed on the sieve, until required. Watercress requires most careful washing and cleansing in several waters. Lettuce is prepared by cutting off the root and any coarse leaves, and washing each leaf separately in two waters. The larger leaves may be torn into small pieces and put into the salad. The smaller leaves and the heart form an attractive decoration or garnish to the salad. Endive is prepared in the same manner as lettuce. Mustard and cress must always be washed carefully in several waters, and the small black seeds removed; after washing shake well, and spread on a clean cloth to dry. Radishes should be washed and dried well, then rubbed with a cloth. Cut off the leaves if they are large, but if the radishes are small and young a few of the leaves may be left on, as they form an effective garnish. Cut off the roots of Spring onions, wash well and remove the outer skin. Use whole or cut into thin slices or strips.

SALAD DRESSINGS.

The dressing should never be added to a salad until it is ready to serve, but after it is added the salad should be well mixed, so that the dressing is incorporated with every portion of the vegetables. Use glass, wooden, bone, ivory or composition spoons and forks for mixing and serving salads, as the vinegar in the dressings is apt to discolour silver, and may even cause it to become coated with verdigris. A French dressing is usually served with green salads and with salads that accompany roasts, but meat, fish and cooked vegetable salads and salads which are served as a separate course are generally served with a mayonnaise or egg dressing of some kind. Always use the best oil and vinegar for salads, as if the oil be at all rancid or the vinegar sour the flavour of the salad will be completely spoilt. Lemon juice may replace vinegar, and cream, sour cream, or unsweetened condensed milk make a good substitute for oil. Recipes for salad dressings will be found on pages 58, 59, 60.

CHICKEN SALAD. (PLATE 20). *For 4 or 5 persons.*
(*Salade de Volaille.*)

The remains of a cold fowl; 1 teaspoonful of castor sugar; mustard and cress; 2 white-heart lettuces; 2 tablespoonsful of butter (melted) or salad oil; 2 hard-boiled eggs; 2 teaspoonsful of made mustard; 1 tablespoonful of vinegar.

Wash and dry the lettuces, reserving the centre leaves, tear the large leaves into pieces, and lay them at the bottom of a salad bowl.

Remove the skin and bone from the fowl and mince all the white meat and place it on the lettuce. Rub the yolks of the hard-boiled eggs to a smooth paste with the melted butter or salad oil. Add the mustard and sugar and stir in the vinegar very gradually. *To Garnish.*—Arrange the centre leaves of the lettuce as a border round the bowl with some delicate cress between the chicken and edge of the dish, and when ready to serve, pour over the salad dressing and sprinkle with the chopped white of an egg. Chicken salad may be made with celery in place of lettuce and garnished with green pickles and sliced beetroot.

Turkey or Game may be made into a salad in this manner.

CUCUMBER SALAD.

For 3 or 4 persons.

(*Salade de Concombre.*)

1 cucumber; 2 tablespoonsful of salad oil or sour cream; 2 tablespoonsful of vinegar; salt, pepper; grated nutmeg; 1 teaspoonful of chopped parsley; ½ teaspoonful of chopped shallot.

Stir the vinegar and chopped shallot into the cream or salad oil. Add salt, pepper and a dust of nutmeg. Peel and slice the cucumber very thinly, then mix it with the dressing. Arrange it neatly in a shallow dish, garnish with the chopped parsley and keep in a cold place until required. *Note.*—Cucumber may be plainly dressed with oil and vinegar, salt and pepper, if desired.

FISH SALAD.

For 4 persons.

(*Salade de Poisson.*)

1 lb. of cold cooked fish; 1 gill of picked shrimps; 1 hard-boiled egg; 1 dessertspoonful of chopped capers; 1 gill of mayonnaise sauce (page 58); 1 teaspoonful of chopped gherkins; salt, pepper; 1 lettuce.

Remove all skin and bone from the fish and flake it finely. Wash and dry the lettuce, mix the fish with the capers, gherkins and shrimps, and sprinkle them with salt and pepper. Arrange the largest lettuce leaves at the bottom of a salad bowl, pile the fish mixture in the centre, pour over the mayonnaise dressing and garnish with the best portions of the lettuce and slices of hard-boiled egg.

FRENCH LETTUCE SALAD.

For 3 or 4 persons.

(*Salade à la Française.*)

2 heads of lettuce; 1 teaspoonful of chopped tarragon; watercress; French salad dressing (page 59); 1 hard-boiled egg; chervil; 1 tablespoonful of chopped parsley; a few small radishes.

Wash the lettuce and watercress very thoroughly and dry them in a cloth. Keep back the best portions of the lettuce and tear the rest into small pieces. Pick over the watercress and remove all the decayed leaves, and mix some of it with the lettuce. Arrange this in a salad bowl. Sprinkle over the chopped tarragon and parsley. Cut the hard-boiled egg into fancy shapes. Pour the dressing over

just before the salad is required, and garnish with the best portions of the lettuce, little tufts of watercress, the radishes and the hard-boiled egg.

POTATO SALAD.

For 4 persons.

(*Salade de Pommes de Terre.*)

1 lb. of cooked potatoes; 1 tablespoonful of mayonnaise sauce; ½ small onion; 12 tablespoonsful of white wine vinegar; salt, pepper; 1 dessertspoonful of chopped parsley.

Cut the potatoes into dice or cubes and chop the onion finely. Season with salt and pepper, mix the mayonnaise sauce with the vinegar and pour this over the potatoes. Stir them very carefully. Put this mixture into a salad bowl, sprinkle with chopped parsley and serve. *Note.*—Waxy potatoes should be used for salads in preference to the floury kind. The potatoes may be mixed with cooked beetroot, and cut either in round slices, cubes or dice. Potatoes and tomatoes also make an excellent salad.

RUSSIAN SALAD.

For 5 or 6 persons.

(*Salade Russe.*)

1 pint of mixed cooked carrots, turnips, green peas and French beans; 1 tablespoonful of chopped capers and gherkins mixed; 1 teaspoonful of chopped parsley; 1 gill of mayonnaise sauce (page 58); 1 teaspoonful of chopped tarragon and chervil mixed; cayenne and salt; 1 lettuce; 2 tablespoonsful of salad oil; 1 tablespoonful of vinegar.

Cut some cooked carrots and turnips into small dice and some French beans into diamond shapes. Mix two tablespoonsful of salad oil and 1 tablespoonful of vinegar with cayenne pepper and salt, and stir the vegetables to this mixture; then add the mayonnaise sauce. Sprinkle in the chopped parsley and herbs, garnish with the capers and gherkins.

SALAD CAPRICE.

For 4 persons.

(*Salade Caprice.*)

1 lettuce; 1 endive; watercress; 4 slices of tinned pineapple, ½ gill of pineapple juice; French salad dressing (page 59); salt and pepper.

Cut the pineapple into small pieces, removing all eyes. Wash and shred the lettuce and endive, wash the watercress, sprinkle with salt and pepper, arrange thickly at the bottom of a salad bowl. Place the pineapple in a mound on the top, pour over the juice and salad dressing. Garnish with a few sprigs of watercress and the best portions of the lettuce.

This salad should be served with roast poultry or game.

TOMATO SALAD. (See page 94.)

MEATLESS DISHES

Meatless dishes play an important part in cookery nowadays, and are usually much appreciated as a change from meat and fish. They make excellent luncheon and supper dishes.

Meatless dishes are mainly composed of pulse foods—*i.e.*, dried haricot and butter beans, lentils and dried peas; cereals, rice, macaroni and semolina; nuts and various vegetable entremets.

PULSE DISHES.

TO COOK DRIED VEGETABLES OR PULSE FOODS.

When cooking dried vegetables, such as haricot and butter beans, lentils and dried peas of any sort, they should be soaked in cold water from 24 to 36 hours to allow them to absorb the moisture lost in drying. Some people soak them in boiling water. Drain and put them into a saucepan of cold water, and bring slowly to the boil. Do not add salt to the water, as it tends to harden the vegetables, but when the water is very hard add a small piece of soda or a pinch of bicarbonate of soda to soften it.

The red Egyptian lentils do not require soaking, as they soften more quickly than other pulse foods.

HARICOT BEANS
(*Haricots.*)

There are two kinds of haricot beans, the red and white. They are the seeds of the kidney or French beans, which are allowed to ripen in the pod and are then dried. They are cheap and nourishing as they, like other pulse vegetables, contain a large percentage of protein, and may be used to replace meat instead of being used with it.

Butter beans are a variety of bean known as the Haricot Beurre, so called from its light yellow pod. Large quantities are grown in Peru, so they are often called Lima beans. They may be cooked according to any recipe for haricots.

Flageolets is the French name for the young green and tender seeds of the finest variety of French bean. They are gathered and shelled and dried before they turn white. They can be used either dried or fresh, but are more often dried in this country.

BOILED HARICOT BEANS.

(*Haricots Blancs bouillis.*)

For 3 or 4 persons.
Time—2 *to* 2½ *hours.*

1 pint of beans; 2 ozs. of butter; pepper and salt; 1 quart of water.

Wash the beans, and soak them in cold water over night. Put them into a large pan of cold water, and when boiling draw them to the side of the fire, and simmer for 2 hours or longer if necessary. When done, drain the water from them, and let them stand uncovered until they are dry; then add pepper, salt and butter. Shake them over the fire for a few minutes until hot. *To Dish.*—Turn them into a hot dish and serve them immediately. *Note.*—Flageolets and butter beans may be cooked in the same manner.

HARICOT BEAN CROQUETTES.

(*Croquettes de Haricots Blancs.*)

For 4 or 5 persons.
Time—10 minutes to fry.

½ lb. of cooked haricot beans; flour; 1½ ozs. of butter, margarine or dripping; breadcrumbs; 2 eggs; frying fat; salt, pepper; fried parsley.

Rub the beans through a sieve; melt the butter or dripping and stir in the sieved beans and enough beaten egg to bind the mixture. Season well and turn it on to a plate to cool. When set, shape it into balls or cork shapes with the aid of a little flour. Brush these over with beaten egg, dip in breadcrumbs and fry in a hot fat until pale brown. Drain on kitchen paper. *To Dish.*—Arrange the croquettes neatly on a paper on a hot dish and garnish with fried parsley. These may be shaped like cutlets and, after frying, a small piece of uncooked macaroni should be pressed into the thin end to simulate a bone. Hand brown or tomato sauce (pages 50, 53).

LENTILS.

(*Lentilles.*)

There are two kinds of lentils, the red or Egyptian lentil and the green lentil. The red lentil does not require soaking like other pulse foods, as it softens much more quickly during the cooking.

Like all pulse foods, lentils are deficient in fat, which should be added in some form, but, like haricot beans, lentils contain a very large amount of protein and so form a good substitute for meat.

BOILED LENTILS.

(*Lentilles bouillies.*)

For 4 persons.
Time—1½ *to 2 hours.*

1 lb. of red lentils; 1 bunch of herbs; 1 pint of cold water; 1½ ozs. of margarine or dripping; 1 onion; sippets of toast or croûtons of fried bread; salt, pepper.

Wash the lentils well in several waters, remove any black pieces, then strain. Melt the fat in a pan, add the lentils and the minced onion and stir well until they have absorbed the fat, then pour in the cold water. Bring slowly to the boil, stirring all the time, add the herbs, cover the pan and let the lentils cook very gently

until tender, from 1½ to 2 hours. If the water becomes absorbed before the lentils are cooked, add a little more. When ready, remove the herbs and season. If desired, a pinch of grated nutmeg may also be added. *To Dish.*—Pile the lentils in the centre of a hot dish and garnish with sippets of toast or croûtons of fried bread.

MOCK DUCK. *For 4 persons.*
(*Canard Faux.*) *Time—To bake, 15 minutes.*

½ lb. of cooked red lentils; 1 teaspoonful of chopped parsley; ½ pint of brown or tomato sauce (pages 50, 53); ½ lb. of haricot beans; 4 ozs. of mashed potatoes; 3 onions; ½ teaspoonful of powdered sage; 2 ozs. of margarine; salt, pepper.

Boil the lentils and beans according to the directions on pages 226 and 227, drain off all the moisture and rub both through a sieve. Peel and mince the onions finely, melt the fat in a pan and fry the onions lightly, then mix them with the lentils. Add the mashed potatoes, the sage and parsley and season very well. Shape the mixture as much like a duck as possible, put it on to a greased baking sheet and pour over about 1 ounce of melted dripping or margarine and bake in a fairly hot oven until brown. Baste often. *To Dish.*—Put the duck carefully on to a hot dish and strain round the brown or tomato sauce.

DRIED PEAS.
(*Pois Secs.*)

There are two kinds of dried peas—the split and the whole peas. They both contain a large amount of nourishment, but require soaking for some time before cooking. They are sometimes used as a vegetable in place of fresh peas, and they make excellent purées and soup.

BOILED DRIED GREEN PEAS. *For 4 or 5 persons.*
(*Pois Secs bouillis.*) *Time—2 to 3 hours.*

½ lb. of dried green peas; ½ gill of stock; 1 onion; 1 bunch of herbs; salt, pepper; 2 cloves; 1 oz. of margarine; water.

Wash the peas well, then soak them in cold water for 12 to 24 hours. Put them into a saucepan, cover with water and bring slowly to the boil. Peel the onion and stick two cloves into it, add it to the peas with the herbs, cover the pan and simmer very gently until the peas are tender. Stir often, and, if necessary, add more boiling water. When soft, drain the peas, remove the onion and herbs and melt the margarine in a pan. Add the peas and mix well. Season to taste and add the stock and re-heat. *To Dish.*—Put the peas into a hot vegetable dish and serve.

Green Pea Purée is made by rubbing the peas, after cooking them in this manner, through a wire sieve. Moisten with a little of the water in which they were cooked, and return the purée to a pan

with a little margarine or dripping, season well, and if too thick, thin it down with a little stock or milk. This purée is often served with salt beef or salt pork.

PEASE PUDDING. *For 4 or 5 persons.*
(*Pouding de Pois Secs.*) *Time—To boil the peas, 2 to 2½ hours; to steam the pudding, 1½ hours.*

1 pint of split peas; 2 eggs; water; salt, pepper; 1 oz. of margarine or dripping.

Wash the peas, soak them for 12 to 24 hours, then drain and tie the peas loosely in a cloth, leaving room for them to swell. Put them in the cloth into a pan with boiling water to cover. Boil from 2 to 2½ hours or until the peas are soft. See that the pan does not boil dry, but replenish with more boiling water if necessary. When soft take out the peas, drain them well and turn them out of the cloth. Rub them through a sieve. Add the margarine or dripping and beat up the eggs and stir in. Season well and turn the mixture into a greased basin, cover with greased paper and steam for 1½ hours. *To Dish.*—Turn the pudding out on to a hot dish and serve with boiled leg of pork. *Note.*—This may be made without the eggs, but in this case the pudding will not turn out, but must be served in a gratin dish or casserole. It is a good plan to put a plate at the bottom of the pan under the peas when boiling in the cloth, as there is less danger of the cloth sticking to the bottom of the pan and burning.

CEREAL DISHES.

MACARONI.
(*Macaroni.*)

Macaroni may be used as a garnish to soup, with fish or meat dishes, as a sweet course, or as a savoury dish, the latter being the most popular way of serving it.

Spaghetti, vermicelli and all forms of Italian paste are served, according to any recipe given for macaroni.

BOILED MACARONI. *For 4 persons.*
(*Macaroni bouilli.*) *Time—30 to 40 minutes.*

½ lb. of macaroni; water; salt.

Break the macaroni into short lengths put it into a pan of boiling salted water and boil without a lid on the pan for 30 to 40 minutes, or until the macaroni feels soft when pressed between the thumb and finger. Strain and either use it as a vegetable or make it into various made-up dishes. The water in which the macaroni was boiled should be kept for making thick soups and sauces. *Note.*—Great care must be taken to have plenty of water in the pan when boiling the macaroni, otherwise the water will boil away and the macaroni stick to the bottom of the pan.

MACARONI CHEESE.

(*Macaroni au Gratin.*)

For 3 *or* 4 *persons.*
Time—20 *to* 30 *minutes.*

4 ozs. of cooked macaroni; salt, pepper; breadcrumbs; ¼ pint of milk or half milk and half water in which the macaroni was cooked; 1½ ozs. of butter or margarine; 1 oz. of flour; 4 ozs. of grated cheese; 1 teaspoonful of made mustard.

Drain the macaroni and cut it into short lengths. Melt 1 ounce of the butter in a pan, add the made mustard and the flour and blend well. Gradually stir in the milk or milk and water. Stir until boiling, add the macaroni and 3 ozs. of the cheese, season well. When well mixed, put the macaroni into a greased gratin or fireproof dish. Sprinkle the remainder of the cheese and the breadcrumbs over the top. Melt the ½ ounce of butter and pour it over and brown in the oven or under a gas griller. *Note.*—Boiled rice, spaghetti or semolina may be cooked according to this recipe.

RICE.

(*Riz.*)

There are several kinds of rice, Carolina, Patna, Rangoon and Java. Patna rice is the best for curry; it has a long grain and keeps its shape well when cooked. Carolina rice makes the best puddings and moulds. Unpolished rice is really the most nutritious, as polishing the rice removes the greater part of the nutriment. Rice can be made into a large variety of dishes either savoury or sweet. It is one of the most valuable of the starchy foods.

BOILED RICE.

(*Riz bouilli.*)

Wash the rice in several waters, and remove any black pieces or foreign matter. Have ready a fairly large saucepan three parts full of boiling water. Add salt in the proportion of a teaspoonful to a pint of water, and sprinkle the rice into this. Stir with a fork for a minute or two until the water boils rapidly again, and then boil fast without a lid from 12 to 15 minutes, or until the grains feel soft when tested between the finger and thumb. Strain through a colander or sieve. Rice may be cooked according to any recipe used for macaroni and vice versa.

RICE CROQUETTES.

(*Croquettes de Riz.*)

10 *or* 12 *croquettes.*
Time—*About* ½ *hour to cook the rice;* 10 *minutes to fry.*

4 ozs of rice; 3 ozs. of grated cheese; 2 ozs. of breadcrumbs; flour; ¼ pint of white stock of any kind; salt, pepper; 1 oz. of butter or margarine; 1 egg; 1 gill of white sauce; frying fat; fried parsley.

Wash the rice well, and put it into a saucepan with cold water to cover and bring to the boil. Cook for 5 minutes then drain,

and rinse it in cold water. Melt the butter or margarine in the pan, add the rice and stock, and simmer gently over low heat until the rice is quite soft and the stock absorbed. It is better to cook it in a double saucepan or in a jar standing in a pan of boiling water, as there is then no danger of the rice burning. If the stock becomes absorbed before the rice is soft, add a little more. When soft add the cheese and sauce and season well. Spread the mixture on to a plate to cool. When cold divide it into equal-sized pieces, making about 10 or 12. Shape these into balls or cork shapes with the help of a little flour. Brush them over with a beaten egg. Dip them in breadcrumbs and fry in hot fat. Drain on soft paper and keep hot while frying the remainder. *To Dish.*—Pile the croquettes neatly on a lace paper on a hot dish, and garnish with fried parsley. *Note.*—The beaten yolk of the egg may be added to the rice mixture if desired. Cooked macaroni cut small may be made into croquettes in this manner.

RISOTTO.
(*Risotto.*)

For 4 or 5 persons.
Time—30 *to* 40 *minutes.*

½ lb. of rice; 1½ pints of stock; pinch of grated nutmeg; 2 small onions; 3 ozs. of grated cheese; salt, pepper; 2 ozs. of butter or margarine.

Melt the margarine in a pan. Peel and mince the onions finely and add them to the margarine. Fry them a few minutes without browning. Wash the rice well, dry it slightly in a cloth, and then add it to the onions, and cook it for a few minutes, stirring the whole time with a wooden spoon. Add the stock, which should be boiling, and a little salt. Bring to the boil and simmer very gently until the rice is soft, and the stock nearly absorbed. Stir occasionally to prevent the rice from sticking to the bottom of the pan. Season well and add the nutmeg, and just before serving stir in the grated cheese. Put it into a fireproof dish, piling it up high in the centre. Sprinkle over a little more cheese, put a few pieces of margarine or butter here and there on the top, and put it into the oven or under a griller for 2 or 3 minutes. Serve hot. *Note.*—A few chopped mushrooms or some sliced tomatoes can be added to the rice if liked. They should be cooked with the onions before they are mixed with the rice.

SEMOLINA.
(*Semoule.*)

Semolina is the germ or the central part of the hard wheats which are rich in gluten. It is largely used in Italy and the South of Europe. It contains about 11 per cent. of proteid, therefore it is a fairly nourishing food, much used for making puddings, savoury dishes and for soups.

SEMOLINA CROÛTES.

(Croûtes de Semoule.)

For 4 or 5 persons.
Time—10 *to* 20 *minutes.*

4 ozs. of semolina; 1 egg; salt, pepper; ½ pint of brown or tomato sauce (pages 50 and 53); 1 pint of milk or stock; frying fat.

Put a pint of the milk or stock into a pan and bring it to the boil. When boiling, sprinkle in about 4 ozs. of semolina, stirring all the time. Add salt and stir over the fire until the semolina becomes thick, and then simmer very gently for at least 10 minutes or until the semolina looks clear. Turn it on to a plate to cool, and then cut it into squares, brush these over with egg and fry them in hot fat. *To Dish.*—Drain the semolina on soft paper, dish neatly on a hot dish and hand brown or tomato sauce.

NUT DISHES.

Nuts are the most nourishing of the vegetable foods, as they contain a large amount of proteid and fat, and form a good substitute for meat. They are much used by vegetarians. Many people object to nuts on the ground that they are indigestible, but this is often because they are eaten as dessert after a heavy meal, instead of forming a course of their own to replace meat. As they contain proteid in a much more highly concentrated form than meat, serving with and after meat means that too much proteid is being taken at one meal, with the result that any one whose digestive organs are at all weak immediately suffers from indigestion. Where nuts are found indigestible whole, owing to the difficulty of masticating them, they may be ground in a mincer or in a nut mill.

NUT CUTLETS.

(Côtelettes de Noix.)

For 4 or 5 persons.
Time—20 *minutes.*

4 ozs. of boiled rice; 4 ozs. of nuts of any kind or mixed nuts weighed after shelling; breadcrumbs; fried parsley; 1 teaspoonful of chopped mixed herbs; a pinch of grated nutmeg; frying fat; salt and pepper; 1 teaspoonful of chopped parsley; 1 egg; ½ pint of rather stiff brown sauce (see page 50).

Shell the nuts, weigh and remove the brown skins. Put them through a mincer and mix them with the rice, and the sauce, add the herbs, parsley and nutmeg, and season well. Beat up the yolk of the egg and add it to the mixture. Shape this into small cutlets, brush them over with the slightly whipped white of the egg. Dip them in breadcrumbs and fry them in hot fat. Drain them on soft paper. *To Dish.*—Serve the cutlets on a d'oyley on a hot dish in a line, leaning up against each other, and garnish with fried parsley. *Note.*—If desired, a piece of parsley stalk may be inserted in the pointed end of each cutlet. Brazil nuts make excellent cutlets. If preferred, cooked potatoes may be used in place of rice.

NUT GALANTINE.
(*Galantine de Noix.*)

For 5 or 6 persons.
Time—1½ *hours.*

1 lb. of cooked potatoes, boiled rice or breadcrumbs; salt, pepper; 1 teaspoonful each of chopped parsley and mixed herbs; 6 ozs. of nuts of any kind, or 2 or 3 kinds mixed; 1 egg; glaze; parsley or watercress; 1 onion; 1 head of celery if in season; 1 or 2 ozs. of margarine or dripping; green salad.

Shell and blanch the nuts, put them through a mincing machine and mix them with the breadcrumbs, sieved potatoes, or rice. Peel and mince the onion, wash and chop the celery and add, together with the chopped herbs and parsley. Season well, beat up the egg and add it to the mixture with the melted margarine. If too dry, add a little white sauce. Shape this into a roll, put it into a floured scalded cloth, tie the ends, put it into a pan of boiling water, and cook it for about 1½ hours. Take up the roll, tie the ends tighter, then put it between two dishes with a weight on the top one, and leave it until cold. Remove the cloth, trim the ends of the galantine and brush it over with glaze. *To Dish.*—Serve the galantine on a suitable dish and garnish with parsley or watercress. Hand green salad separately. *Note.*—If desired, this may be eaten hot, in which case it is turned out of the cloth as soon as it is cooked, and is then placed on a hot dish, and coated with brown or tomato sauce (see pages 50 and 53).

CHESTNUTS.
(*Marrons.*)

Chestnuts, contrary to most nuts, contain a large amount of starch, and in some countries are ground into flour for bread. They form the greater part of the food of the poor in some parts of France and Italy, and may be eaten boiled or roasted, and made into various dishes. The husks and brown skins from the chestnuts may be removed in two ways :—

1. Wash the chestnuts and make a slit with a knife in the rounded end of each. Put them into a saucepan with cold water to cover, bring to the boil and boil for 2 or 3 minutes. Draw the pan to the side of the fire and take out a few chestnuts at a time and remove the skins with a knife.

2. Make a slit in the chestnuts, then put them on a tin in the oven for about 10 minutes or less. Take them out, and while hot remove both the outer and inner skins.

Great care must be taken not to let the chestnuts brown when in the oven, and as it is easier to remove the skins when the nuts are hot it is advisable not to put too many in the oven at once if a large quantity of chestnuts is being used.

BOILED CHESTNUTS.

For 4 or 5 persons.

(*Marrons bouillis.*) *Time*—20 *to* 30 *minutes.*

2 lbs. of chestnuts; 1½ ozs. of butter or margarine; water; salt, pepper;

Prepare the chestnuts as above, boil for 20 to 30 minutes or until tender in salted water, strain. Melt the butter in a pan, add the chestnuts, sprinkle with salt and pepper and stir until hot. *To Dish.*—Serve in a hot vegetable dish. If desired, after boiling, the chestnuts may be reheated in parsley or egg sauce (pages 55, 54), or they may be coated with brown sauce (page 50).

PUREÉ OF CHESTNUTS.

For 4 persons.

(*Purée de Marrons.*) *Time*—1½ *hours to boil the chestnuts.*

2 lbs. chestnuts; pepper, salt; 2 ozs. of butter; ½ pint of milk, 1 gill of cream.

Prepare the chestnuts according to the directions on page 233. Put them into a pan, pour the milk over, and simmer them gently until they are soft enough to rub through a sieve. Drain the milk from them, if any remains, and press the nuts through a sieve. Stir in the butter, cream, pepper and salt. Make this hot, stirring all the time. *To Dish.*—Serve them in the centre of cutlets, or fillets of any kind of meat, poultry or game.

VEGETABLE CUTLETS.

For 5 or 6 persons.

(*Côtelettes de Légumes.*) *Time*—15 *to* 20 *minutes.*

3 ozs. each of cooked carrots, potatoes, peas, beetroot and cauliflower sprays; egg or milk; frying fat; 1½ ozs. turnip; 1 teaspoonful each of chopped parsley and mixed herbs; salt and pepper; 1 oz. of butter or margarine; 1 oz. of flour; ½ pint of stock or milk; breadcrumbs; fried parsley.

Cut all the vegetables into small dice, and the cauliflower sprays into very small pieces. Melt the margarine in a pan, add the flour and blend it well. Add the stock or milk, stirring until it boils, then simmer for 5 minutes, stirring all the time. Add the vegetables, parsley and herbs, and season well. Cook for 5 minutes, then turn the mixture on to a plate to cool. When cold, shape it into balls or cutlets. Brush these over with milk or egg and dip them in breadcrumbs. Make some fat hot in a deep saucepan, put a few of the cutlets into a frying basket and lower them into it. Fry them a pale brown. Drain well on soft paper and keep them hot while the rest are frying. *To Dish.*—Arrange the cutlets neatly on a paper d'oyley on a hot dish and garnish with fried parsley. *Note.*—This may be made with any cooked vegetables in season, providing they are chopped finely or cut into small dice.

Vegetable Scallops may be made with this mixture by putting it into greased scallop shells lined with breadcrumbs—coat with more breadcrumbs mixed with grated cheese and put a few small pieces of butter here and there on the top. Brown in the oven or under a griller.

PASTRY AND PASTRY DISHES

General Remarks—Different kinds of Pastry—Meat Pies and Patties —Fruit Pies and Tarts—Flans—Tartlets and small Pastries.

HINTS ON PASTRY MAKING.

See that all the required utensils are ready before beginning to make the pastry. A board should be kept specially for pastry-making, or better still a marble or slate slab should be used, as pastry must be kept as cool as possible. Other requisites are a wooden or glass rolling pin, a flour dredger, a knife and a good-sized basin.

The hands must be very clean, and if they are inclined to be warm, they should be washed in very hot water before beginning to make the pastry.

Mix the pastry as much as possible with a knife, giving the final kneading only with the hands.

Make pastry in as cold a place as possible.

Pastry should be just moist enough to handle easily without sticking to the hands and board.

Avoid incorporating too much loose flour into the pastry, as this makes it hard.

Never rub pieces off the hands into the pastry, but clean them off with a little dry flour before rolling out the pastry.

Flour the board and rolling pin and lift the pastry occasionally to see that it is not sticking to the board. If any pastry has stuck to the board, scrape it off and flour the board again.

TO BAKE PASTRY.

To bake pastry successfully, the heat of the oven should be understood, as the hottest part may be either at the top or the bottom, or in some cases uniform all over.

For puff pastries, a bottom heat is best, as this causes the pastry to rise before the outside browns and hardens. The oven should not be hotter on one side than another for puff pastry, or it rises unevenly. If the oven is not hot enough, the butter or fat melts and runs out of the pastry before the starch grains in the flour have burst and absorbed the fat.

For puff pastries, the oven should register about 300 degs. Fahr. when the pastry is first put in, to be lowered gradually after the pastry has risen.

If pastry becomes too brown before it has finished cooking, cover it with a piece of paper.

FLAKY PASTRY. (Plate 27).

1 lb. of flour; cold water; a pinch of salt; 8 ozs. of butter or half lard and half butter; a squeeze of lemon juice.

In very hot weather, it is well to wash the butter in cold water and squeeze out all moisture in a cloth. Divide the butter into three portions. Sieve the salt and flour into a basin, rub in one-third of the butter. Make a well in the centre and add the lemon juice, and gradually stir in sufficient cold water with the left hand, mixing in the flour from the sides with a knife in the right hand. Work gradually to a smooth but not too moist paste. Turn this out on to a floured board and roll it out into a long thin strip just under ¼-inch thick. Flour the strip and put one-third of the butter in small pieces in even rows all over it, leaving a margin of about 1-inch from the edge of the pastry all round. Flour the surface and fold the paste exactly in three, as described in rough puff pastry (page 237). Turn the fold to the left-hand side, press out the pastry gently with the rolling pin, then roll it lightly into a long narrow strip. Put the remaining third of the butter in rolls on this strip, dredge with flour and again fold the pastry. Turn the fold to the left side and again roll out. It is then ready for use. This pastry is suitable for covering meat pies, sausage rolls, tarts, tartlets and so on.

PUFF PASTRY. (Plate 24).

(*Feuilletage.*)

1 lb. each: flour, fresh butter; squeeze of lemon juice; cold water; pinch of salt.

Dry the flour in front of the fire or in a cool oven and sieve with the salt into a clean basin, make a well in the centre. Put the butter into a basin of cold water for a little time before using, in hot weather put a piece of ice in the water. Squeeze the butter dry in a floured cloth. Strain the lemon juice into the well in the flour, then mix with cold water into a dough. Turn this on to a floured slab or pastry board and knead it until perfectly smooth and free from cracks. Roll the pastry out into a strip twice as long and a little wider than the butter. Place the butter in the centre and fold the pastry over it, well seal up the edges with the rolling pin. Flour the slab and press the pastry out a little with the rolling pin, then roll it into a long strip, being careful not to let the butter break through the pastry. Flour the pastry lightly and fold it exactly in three, as described in rough puff pastry (page 237). Again flour the slab or board, turn the fold to the left-hand side and gently roll the pastry out again, and again fold. Then leave the pastry in a cold place for about 10 or 15 minutes. Again turn the fold to the left-hand side and roll out into a thin strip. Repeat these rolls and folds until the pastry has had seven folds and seven

rolls, placing it on ice or in a cold place after every second roll. After the last roll, it should be left in a cold place for a short while before using it. It is then rolled out to the thickness required. This pastry will keep for several days in cold weather if wrapped in greaseproof paper. It is suitable for vol-au-vents, patties, meat pies, mince pies and various other dishes. *Note.*—Make the pastry in the coldest place available. If possible, use a marble or slate slab. If desired, the yolk of an egg may be mixed into the flour with the lemon juice and water.

ROUGH PUFF PASTRY.

1 lb. of flour; a squeeze of lemon juice; ½ lb. of butter; a pinch of salt; ½ lb. of lard; cold water to mix.

Weigh the butter and lard and keep them in as cool a place as possible. Sieve the flour and salt on to a pastry board or slab, cut the butter and lard into small squares and mix with the flour. Make a well in the centre, squeeze in the lemon juice and pour in a little of the cold water. Mix lightly with a knife, adding the water gradually with the left hand and stirring in the flour from the sides until the pastry is mixed into a dough. Care must be taken not to let the water break through the flour. Mix very lightly and incorporate the butter and lard without breaking the pieces. When mixed into a dough, lift it up and flour the board very carefully, scraping off any paste which may have adhered to the slab or board, then flour a rolling pin and roll the pastry out into a long thin strip about 6 or 7 inches wide. Lift it constantly while rolling and dust flour underneath it to prevent it sticking to the board. Never turn the pastry, but roll always on the same side, in short quick strokes away from you. When rolled, dredge a little flour over the pastry and fold the pastry into three, turning one fold away from you towards the centre, then bring the other edge towards you, so that the edge lies on the fold of the first piece of pastry. Then turn the pastry, with the fold to the left-hand side, press it gently with the rolling pin to flatten it slightly, then again roll it out into a strip. Repeat this folding and rolling three times until the pastry has had three folds and three rolls. Then let it stand in a cold place for a short while, after which it should be rolled out and used as desired. In very hot weather, it is sometimes necessary, if the pastry becomes very soft, to leave it in a cold place after the second roll. This pastry is suitable for covering meat pies, sausage rolls, mince pies and patties.

SHORT CRUST PASTRY. (Plate 28).

1 lb. of flour; a pinch of salt; ½ lb. of clarified beef dripping; ½ gill of cold water.

Sieve the flour and a pinch of salt into a basin, break or shred the dripping and rub it well into the flour until of the consistency of fine breadcrumbs. Make a hole in the centre of the flour,

pour in a little of the water, and gradually stir in the flour from the sides with a knife, adding a little more water by degrees should the mixture be too dry. It is impossible to give the exact amount of water in making pastry, as some flours require more water than others. The better the flour, the drier it is. The paste should be smooth and flexible, and yet not moist enough to stick to the basin or hands. Flour the hands and knead the pastry lightly. Dredge some flour over a pastry board, turn the paste on to it. Flour the rolling pin, then roll the pastry out from you. Always roll the same way, not backwards and forwards, and occasionally lift the pastry to see that it is not sticking to the board. If required wider, it may be rolled horizontally. The pastry is then ready for use. When making short crust pastry, the lightest pastry is that rolled out first, so when making small tarts, cut out the coverings for the tarts from the pastry which is rolled first, making the bottom of the tarts from the rolled out trimmings. A richer crust can be made by adding the yolk of an egg to the mixture and using butter in place of dripping.

SUET CRUST PASTRY.

½ lb. of flour; a pinch of salt; about ½ teaspoonful of baking powder; cold water to mix; 4 ozs. of suet.

This is much used for making meat or fruit puddings, roly-poly puddings and dumplings.

Sieve the flour, salt and baking powder into a basin. Remove the skin and strings from the suet and shred it finely, chopping it on a floured board, and using a little of the flour for the pastry to prevent the suet sticking to the board. Chop as finely as possible, then mix the suet with the flour. Make a well in the centre and add water very gradually, stirring in the flour with a knife from the sides of the basin. Form the mixture into a smooth, soft dough, which will leave the sides of the basin clean. Knead lightly until free from cracks, then turn it on to a floured board. Flour a rolling pin and roll the pastry out to the thickness required. See that the pastry does not stick to the board, by lifting it from time to time; never turn it, however, but always roll it on the same side. If shredded suet, bought in packets, be used for making this pastry, from 1 to 1½ ozs. less suet should be used, as there is no waste with it.

MEAT PIES.

PLAIN BEEFSTEAK PIE. (Plate 26).

(Pâté de Bifteck.)

For 5 or 6 persons.
Time—1½ hours.

2 lbs. of beefsteak; pepper, salt and cayenne; ½ pint of water or stock; ½ lb. of rough puff pastry (page 237); 1 onion; 1 tablespoonful of flour; yolk of one egg; parsley.

Mix the flour, salt, pepper and cayenne on a plate. Cut the steak into small pieces, cut up a very little of the fat, dip each piece



PL. 26.

BEEFSTEAK PIE. (*See page* 238). FRUIT FLANS (*See page* 243). APPLE PIE. (*See page* 244).

into the seasoned flour and place in a pie dish. The dish should be filled full enough to raise the crust in the middle. Pour in enough stock or water to about half fill the dish and add the sliced onion. Wet the edge of the pie dish, put a border of the pastry round it, moisten it with a little water and put on the lid of pastry. Trim and knock up the edges, make a hole in the centre and ornament with leaves of pastry. Brush over lightly with the beaten yolk of egg. Bake in a hot oven for 1½ hours. *To Dish.*—Remove the pie from the oven and put it on a lace paper on a suitable dish. Garnish with parsley. Serve hot or cold. Mutton and kidneys make an excellent pie also.

VEAL AND HAM PIE. *For 4 or 5 persons.*
(*Pâté de Veau.*) *Time*—1½ *hours.*

½ lb. of flaky pastry (page 236); 1 gill of white stock; salt, pepper; 1½ lbs. of fillet of veal or veal cutlets; 1 teaspoonful of grated lemon rind; 6 ozs. of ham; 1 or 2 hard-boiled eggs.

Remove all skin, fat, gristle and superfluous fat from the veal. Cut it into small pieces. Cut the ham into pieces also. Sprinkle these with salt and pepper and place them in layers in a pie dish. Sprinkle over the lemon rind ; peel and slice the hard-boiled egg and arrange it over the veal. Pour in a gill of stock. Roll out the pastry, and cover the pie, cook and dish as for Beefsteak Pie (page 238). *Note.*—If desired, a little more stock may be poured through the hole in the pastry into the pie when it is cooked. If the pie is to be eaten hot, the stock must be hot. If eaten cold, one or two sheets of gelatine should be added to the stock. Chicken and ham pie may be made in this manner. The chicken must be jointed and may be boned.

MEAT PUDDINGS.

BEEFSTEAK AND KIDNEY PUDDING. *For 5 or 6 persons.*
(*Pouding aux Bifteck et Rognons.*) *Time—To boil, 2 hours.*

1 lb. of rump-steak; a little flour; ½ lb. of beef kidney; ¾ lb. of suet pastry (page 238); pepper and salt; water; brown gravy.

Cut the steak into strips about 2½ inches long and 1 inch wide. Remove any skin, fat or gristle. Remove the skin and core from the kidney and cut it into small pieces. Mix a good tablespoonful of flour with salt and pepper and coat the slices of beef with it. Place a piece of kidney and a small piece of fat on each slice of beef and roll it up. Grease a pudding basin, roll out the paste to about ½-inch in thickness and line the basin with it, then put in the beef and kidney, pour in 3 or 4 tablespoonsful of water, cover with a lid of paste, press the edges firmly together and tie a scalded floured cloth over the top (not forgetting to make a pleat in the cloth to allow the pudding to rise). Put the pudding into a pan of boiling water. Keep the water constantly boiling, adding more boiling

water if necessary, and boil for 2 hours. *To Dish.*—Untie the cloth and leave the pudding for a minute or two to allow of its shrinking. Loosen it round the edges with a knife and turn it on to a hot dish. Hand brown gravy.

Veal, Rabbit and Mutton Puddings are made in the same way, adding raw potatoes, onion and parsley or bacon and herbs.

MEAT ROLY-POLY. *Sufficient for 4 or 5 persons.*
(*Canelon de Viande.*) *Time—2 to 3 hours.*

½ lb. of cooked meat of any kind; 1 small onion; 1 dessertspoonful of chopped parsley; mixed herbs (1 teaspoonful); salt and pepper; ½ pint of brown sauce; ½ lb. of suet crust (page 238).

Remove all skin, gristle and superfluous fat from the meat and put it through a mincing machine, together with a spoonful of ham or tongue, if desired. Peel and mince the onion finely and add with the chopped parsley and herbs. Season this well and add 2 tablespoonsful of the brown sauce. Mix all well together. Roll out the pastry into a long strip as for a roly-poly. Spread the meat mixture over, roll it up and fasten the ends well together, using a little water to make them stick. Put the roll into a scalded floured cloth, tie up the ends, and place it in a pan of boiling water with a saucer under it, and boil for 2 to 3 hours. *To Dish.*—Turn the roly-poly out of the cloth on to a hot dish and hand the rest of the brown sauce.

GIBLET PIE. *For 5 or 6 persons.*
(*Pâté aux Abatis.*) *Time—2 hours to stew, 1¼ hours to bake.*

2 sets of giblets; 1 blade of mace; carrot; 2 eggs; ¾ lb. of rump-steak; ½ head of celery; 1 small onion; 1 lb. of rough puff or flaky pastry (pages 237 and 236); 12 peppercorns, 1 bunch of herbs; 4 cloves; salt, pepper.

Fowl, turkey, duck or goose giblets may be used for this, and they consist of the head, feet, neck and pinions of the birds; sometimes the gizzards and liver are used also. Put the giblets into boiling water for 10 minutes to blanch. All the feathers must be removed from the head and the skin from the feet. Break the giblets and put them into a pan with the herbs, the peeled onion stuck with the cloves, the well-washed celery cut into pieces, the washed and scraped carrot, the mace, peppercorns and a teaspoonful of salt. Cover with cold water, bring them to the boil, skim and then simmer very gently for 2 hours. Drain and let them become cold. Then cut the giblets into neat pieces. Cut the steak into small pieces and place a layer at the bottom of a pie dish. Put the giblets and the livers of the birds over this, then add more steak and the sliced hard-boiled eggs. Strain the gravy in which the giblets were stewed and three-parts fill the pie dish with it. Season, if necessary, with salt and pepper. Put on a lid of pastry, cook and dish as for Beefsteak Pie (page 238).

ROMAN PIE.

(*Pâté Romain.*)

For about 4 or 5 persons.
Time— About 1 hour.

½ lb. of cooked meat of any kind; 3 ozs. of cooked macaroni; 1 teaspoonful of chopped parsley; 1 onion; 1 gill of brown sauce (page 50); a pinch each of chopped thyme and marjoram; yolk of 1 egg; 1 hard-boiled egg; about 1 lb. of short crust pastry (page 237); salt and pepper.

Line a plain round, greased cake tin with the short crust pastry, bringing it well up against the sides. Remove all skin, fat and gristle from the meat, and put it through the mincing machine. Boil the macaroni, cut it up into small pieces and peel and mince the onion. Peel and slice the egg, mix all these together with the parsley, herbs, salt and pepper, and then add the brown sauce. Fill the pastry case with the mixture. Wet round the edge of the pastry and cover with a lid of pastry. Press the edges well together, knock them up and scallop them in very small scallops. Make a hole in the centre of the pie and decorate with leaves of pastry. Brush over with the beaten yolk of egg and bake in a moderately hot oven for one hour. *To Dish.*—Allow the pie to stand for a few minutes when taking it from the oven. Then loosen it round the edges with a knife. Turn it out very carefully on to a cloth held in the left hand, then turn it back on to a dish right side up. Garnish with parsley and serve either hot or cold. *Note.*—This pie may be filled with any kind of cooked meat, poultry or game, and cooked rice may replace macaroni.

PATTIES AND PASTIES.

TO MAKE VOL-AU-VENT CASES. (Plate 24).

Roll out puff pastry very evenly, about ¾-inch thick, leave it for a few moments to shrink. Place an oval or round cutter on the pastry about ½-inch from the edge, with a sharp knife cut round the cutter, holding the knife slantways, to make the lower edge of the pastry a little wider than the upper. Remove the cutter and place the cut piece of pastry on a baking tin, brushed over with a little water, placing the under side of the pastry uppermost. This is done because the upper part of the pastry will then shrink a little, making it the same size as the portion which rests on the tin. Brush over vol-au-vents with beaten egg and with a smaller cutter mark an oval or round in the centre. This is afterwards removed to form a lid. Put the tin into a hot oven about 340 deg. Fahr. until the pastry has risen well. Cook for about 35 minutes. Should it become too brown, cover with folds of paper and lower the heat of the oven slightly. When cooked, lift the little lid of pastry from the inner circle and scoop out the soft pastry from the centre, being careful not to break the edges. Do not fill the cases until just before using them.

For a very high vol-au-vent, cut out two pieces of pastry the same size and stamp out the middle of one of the pieces completel y

Bake separately, then place one on the top of the other directly they are taken from the oven, brushing them over with a beaten egg to make them adhere properly.

CORNISH PASTIES.

(Pâtés de Cornwall.)

For 4 or 5 persons.
Time—¾ hours.

1 lb. of short crust pastry (page 237); 6 to 8 ozs. of beefsteak; 4 ozs. of raw potatoes (weighed after peeling); ½ of an onion; salt and pepper; about 2 tablespoonsful of cold water; yolk of an egg or milk.

Remove all skin and gristle from the meat and cut it into very small dice. Peel and mince the onion. Wash, peel and weigh the potatoes and cut them into dice also. Mix these together and season well and add one or two tablespoonsful of cold water. Roll out the pastry rather thinly and stamp into a round about the size of a saucer. Wet round the edges of the pastry and put a spoonful of the meat mixture in the centre of each round. Fold the pastry over and press the edges well together at the top and flute it with the fingers. Place the pasties on a greased baking tin, brush them over with a little beaten yolk of egg or milk, and bake in a good oven for the first ¼ of an hour, and then in a cooler part of the oven for about another ½ hour. *To Dish.*—Place the pasties on a paper d'oyley on a suitable dish and serve hot.

SAUSAGE ROLLS. (Plate 19).

(Petits Pâtés aux Saucissons.)

For 6 to 8 persons.
Time—15 to 20 minutes.

¾ lb. of flaky pastry (page 236); ½ lb. of sausage meat; salt and pepper; 1 egg; parsley.

If sausages are used, remove the skin from them, but these rolls may be made from the sausage meat bought from the butcher.

Cut the sausages in half lengthways and then again in halves across. Roll out the pastry into a long strip about ⅛th of an inch thick. Cut it across into oblong-shaped pieces. Lay a piece of sausage meat in the centre of each strip of pastry. Wet round the edges and double the pastry over. Mark across the top and the sides with three lines made with the back of a knife. Put the rolls on to a greased baking tin, brush them over with a slightly beaten yolk of egg and bake in a good oven until nicely browned and well cooked. *To Dish.*—Arrange the rolls upon a napkin or paper d'oyley on a hot dish. Garnish with parsley and serve hot.

VEAL AND HAM PATTIES.

(Vol-au-Vents de Veau.)

For 6 or 7 persons.
Time—15 to 20 minutes.

¼ lb. of cooked veal; ½ gill of cream or unsweetened condensed milk; 2 ozs. of cooked ham; 6 or 7 patty cases (page 241); 1 teaspoonful of grated lemon rind; salt, pepper; ½ gill of good white sauce; 1 teaspoonful of chopped parsley.

Remove the skin and bone from the veal and weigh it. Mince it finely with the ham, add it to the sauce, and make hot. Add the

chopped parsley, seasoning and the grated lemon rind. Stir in the cream and make hot, but do not let it boil. Make the pastry cases hot in the oven and fill them with the mixture. Put on the little lids of pastry. *To Dish.*—Arrange the patties on a paper d'oyley on a hot dish and garnish with parsley. *Note.*—Chicken or rabbit may be used in place of veal.

SWEET PASTRIES.

FLANS (Plate 26).

TO MAKE A FLAN CASE.

Grease a plain or fluted flan ring and place it on a greased baking tin. Roll out the pastry to a little less than ¼ of an inch thick, and line the ring and the tin within the circle with it. Press the pastry well down to the bottom and against the sides of the ring, so that it may take the shape well. Cut round the edges of the pastry with a pair of sharp scissors, but leave about ¼ of an inch of pastry above the ring, to allow for the pastry shrinking. Prick the bottom of the pastry and crimp or scallop the edges, then fill the flan with the fruit or whatever is to be used, and bake it in a fairly hot oven. If it is preferred to bake the flan before filling it, proceed as follows:—Line the case with greaseproof paper, and fill it with haricot beans, raw rice or crusts of bread. Bake in a fairly hot oven. When cooked, remove the paper, rice or haricot beans, and return the tart to the oven for a few minutes in order to dry the inside.

PEAR FLAN.

For 4 or 5 persons.

(*Flan de Poires.*)

Time—20 *to* 30 *minutes.*

About 8 pears; 4 oz. of granulated sugar; 1 gill of water; whites of 2 eggs; cochineal, vanilla; short crust pastry (page 237); cherries and angelica.

Melt the sugar and water in a pan, then boil them to a thin syrup. Peel and cut the pears in halves, remove the cores carefully and put the fruit into the syrup. Cook very gently until the pears are soft (about 20 minutes). Roll out the pastry and make it into a flan and cook as directed above. When the pears are cooked, arrange them neatly inside the flan case, then boil the syrup in which they were cooked until it is thick, colour it with a little cochineal, and pour it with a spoon over the pears. Beat up the white of eggs to a stiff meringue, sweeten to taste and flavour it with vanilla. Pile this over the top of the pears. Return the flan to the oven for a few minutes to brown and set the meringue. Decorate with cherries and angelica. Remove the flan from the ring and serve, either hot or cold, on a d'oyley on a suitable dish. *Note.*—This may be covered with whipped cream in place of the whites of egg, if preferred. Apples, peaches, cherries or any kind of fruit may be made into a flan in the same manner.

BAKED APPLE DUMPLINGS. *Sufficient for 6 persons.*
(*Petits Pâtés de Pommes.*) *Time—¾ of an hour.*

6 baking apples; castor sugar; 6 cloves; the white of an egg; 1½ lbs. of short crust pastry (page 237).

Roll out the pastry thinly and cut it into squares. Peel the apples and core without breaking them. Place one apple on each square of pastry. Fill the centre of each with castor sugar and insert a clove in each. Draw the pastry up and round the apple, and wet the edges to make them adhere. Brush over with the white of egg and sift with castor sugar. Put them on a baking tin and bake in a moderate oven for about ¾ to 1 hour. *To Dish.*—Arrange on a lace paper on a hot dish and hand sugar.

Boiled Apple Dumplings are prepared in the same way, but omitting the white of an egg and using 1 lb. of suet crust pastry (page 238). When made, tie in scalded floured cloths put into a pan of boiling water and simmer gently for about an hour. Drain and serve on a hot dish.

PLAIN APPLE PIE. (Plates 26 and 28). *For 4 persons.*
(*Tarte aux Pommes.*) *Time—½ to ¾ hour.*

1½ lbs. of cooking apples; 4 ozs. of brown sugar; a strip of thinly peeled lemon rind; a squeeze of lemon juice; ½ gill of water; 10 ozs. of short crust pastry (page 237).

Peel, core and cut the apples into slices. Half fill a pie dish with them, cover with the sugar, add the lemon peel and squeeze of lemon juice and the water. Cover with the rest of the fruit. Roll out the pastry thinly, wet the edges of the dish and put round a band of pastry. Brush this over with water and then cover with a lid of pastry. Press the edges well together, knock up and scallop them with the back of a knife. Ornament the top with leaves of pastry. Put the pie dish on a baking tin and bake in a fairly hot oven for about ½ to ¾ hour. When the pastry is cooked, remove the pie to a cooler part of the oven to finish cooking the apples. To test when the apples are cooked, insert a fine skewer under one of the leaves and feel if the apples are soft. Sift castor sugar over the top. *To Dish.*—Put the pie dish on a silver dish or put a paper frill round the dish and place it on a d'oyley on an ordinary dish, and serve hot or cold, with or without cream or custard, as desired.

Rhubarb Pie may be made in the same way. Peel and cut the rhubarb into 1-inch lengths.

BLACK CURRANT PIE. *For 4 persons.*
(*Tarte aux Groseilles Noires.*) *Time—30 to 40 minutes.*

2½ ozs. of brown sugar; ½ lb. of short crust, flaky or puff pastry (pages 237 and 236); 1 tablespoonful of water; 1 lb. of black currants.

After stripping the stalks from the currants, put them in a colander and hold it under the tap. Drain and put the fruit into a

pie dish with the sugar and one tablespoonful of water. Finish like apple pie (see page 244). *Note.*—When making a pie with soft fruit, it should be remembered that the fruit shrinks very much when cooking, therefore, the pie dish should be filled as full as possible, otherwise the pastry sinks and looks unsightly.

Red Currants or Red Currants and Raspberries, Gooseberries, Cherries, Blackberries, Blackberries and Apples, Plums of any kind may be made into a pie in this manner.

TREACLE OR SYRUP TART.

(Tarte au Sirop.)

For 4 or 5 persons.
Time—20 *to* 30 *minutes.*

½ lb. of short crust pastry (page 237); 1 lemon; 2 tablespoonsful of golden syrup or treacle; 2 tablespoonsful of bread or cake crumbs.

Put the syrup or treacle into a basin with the bread or cake-crumbs, the grated lemon rind, and the strained lemon juice. Mix well. Line an open tart tin or plate with the short crust, prick the bottom, put in the treacle mixture, cover with crossbars of pastry and bake in a good oven for about 20 or 30 minutes or until the pastry is cooked. *To Dish.*—Remove the tart from the tin or plate in which it was cooked, place it on a d'oyley on a suitable dish. Serve hot or cold. *Note.*—This tart may be made on a plate lined with pastry. Spread the treacle mixture over the pastry and cover with a lid of pastry. Bake in a good oven and serve hot or cold. Jam tart may be made in the same way, spreading jam over the pastry.

LEMON CHEESE CAKES.

(Gâteaux au Citron.)

Sufficient for about 12 cakes.
Time—15 *to* 20 *minutes.*

4 ozs. of butter; 2 lemons; 4 ozs. of castor sugar; 1 lb. of short crust, rough puff or flaky pastry (pages 237 and 236); 5 or 6 almonds; 2 eggs.

Beat up the butter and sugar to a cream. Add the eggs one by one, beating each in well. Add the grated peel of 2 lemons and the strained juice of one. Stir over low heat until the mixture thickens slightly. Cool and put the mixture into patty pans lined with the pastry. Blanch and slice the almonds and arrange them on top of each cheese cake. Bake in a fairly hot oven for about 15 to 20 minutes, or until cooked. *To Dish.*—Remove the cakes from the patty pans and place them on a lace d'oyley on a suitable dish. Tartlets may be made with any kind of jam put into pastry-lined patty pans or cooked fruit coated with syrup as directed in Pear Flan (page 243).

ECCLES CAKES.

(Gâteau à l'Eccles.)

Sufficient for 8 to 10 cakes.
Time—15 *to* 20 *minutes.*

1 lb. of flaky pastry (page 236); 2 ozs. of candied peel; 2 ozs. of butter; 12 ozs. of currants; ¼ nutmeg, grated; 4 ozs. of castor sugar; 1 egg.

Roll out the pastry and cut it into rounds about 4 inches in diameter. Clean the currants and shred the candied peel. Mix

them together with the melted butter, sugar and the grated nutmeg. Put a little of this mixture in the centre of each pastry round, draw the edge together round the top. Turn the pastry over so that the join is at the bottom and work them into rounds with the hands. Flatten them slightly with a rolling pin, slash twice on the top, brush over with beaten egg, put them on to a greased baking tin and bake in a hot oven for about 15 minutes. *To Dish.*—Dish the cakes on a d'oyley on a dish or plate.

MINCE PIES. (PLATE 30). *Sufficient for about 12 pies.*
(*Pâtés d'Émincé.*) *Time—25 to 30 minutes.*

1 lb. of puff or rough puff pastry (pages 236 and 237); mincemeat.

Roll out the pastry to just under ¼ inch thick. Cut it into rounds with a plain or fluted cutter just a little larger than the patty pans. Roll out the trimmings and cut these also into rounds. Line the patty pans with the pastry cut from the trimmings. Fill them with the mincemeat. Wet round the edges and cover with the pastry which was first cut out. Press the edges well together, place the patty pans on a baking tin and bake in a fairly hot oven for 25 to 30 minutes, or until the pastry seems cooked. Whip up the white of egg to a stiff froth and brush it over the mince pies. Sift on a little castor sugar and return them to the oven for a minute or two. *To Dish.*—Arrange the mince pies on a lace paper on a suitable dish and serve either hot or cold. *Note.*—If desired, the pies may be brushed over with a little water instead of the egg. Plainer mince pies may be made by using short crust pastry (page 237).

RICH MINCEMEAT.

(*Émincé.*)

1 lb. of beef suet; 1 lb. of currants; 2 ozs. of candied lemon peel; 1 teaspoonful of salt; ½ oz. of pounded allspice; 1 lb. of apples weighed after peeling and coring; 1 lb. of raisins; 2 ozs. of candied orange peel; ½ oz. of ground ginger; ½ oz. of ground cloves; ½ lb. of Demerara sugar; 4 ozs. of citron peel; 1 nutmeg; 1 lemon; ½ gill of brandy; ½ gill of sherry.

Remove all skin and strings from the suet and shred it finely. Peel, core and mince the apples very finely. Clean and pick over the currants; stone and chop the raisins, shred the candied peel, grate the nutmeg and the rind of half a lemon. Mix all these ingredients together with the salt, sugar and spices, strain in the lemon juice and add the brandy and sherry. Mix well together. Cover the basin and leave it for 12 to 24 hours, then mix thoroughly again. Press it into jars. Cover the jars with wax paper dipped in brandy, then cover again with parchment paper, as for jam. Keep in a cool place

PUDDINGS AND HOT SWEETS

Milk Puddings—Boiled and Steamed Puddings —Baked Puddings—Soufflés, Pancakes and Fritters.

Puddings may be roughly divided into seven sections :—

1. Milk Puddings.
2. Suet Puddings.
3. Batters and Fritters.
4. Soufflés.
5. Custards.
6. Moulds or Cold Shapes.
7. Cake-like Mixtures.

NOTES ON BOILED PUDDINGS.

First grease a basin with melted margarine, butter or clarified fat. The basin must always be quite full, so if the mixture does not absolutely fill the basin, fill it up with crusts of bread. Tie a scalded floured cloth over the basin and make a pleat in it before tying on the string, to allow the pudding to rise. Tie the corners of the cloth over the top of the basin. This enables the basin to be lifted easily in and out of the water.

To scald a cloth, dip it into boiling water and squeeze it dry and then dredge flour over it. Put the basin into a pan containing sufficient boiling water to cover the basin completely and boil for the time given in the recipe. See that the pan does not boil dry, but replenish with more boiling water when necessary. Sometimes puddings are boiled in a cloth and not in a basin. In this case, the cloth must be scalded and floured before putting the pudding mixture into it. The cloth should be tied loosely to leave room for the pudding to swell. Place a tin plate or saucer at the bottom of the saucepan to keep the pudding from sticking. When cooked, if the pudding is to be kept, as in the case of plum puddings, it should be hung up in a dry place until required. If a plum pudding be boiled in a basin, the cloth must be removed from the basin to allow the steam to escape. The cloth must be dried before fastening it on again, or it must be replaced by a fresh dry cloth, otherwise the pudding is liable to become mouldy when kept.

NOTES ON STEAMED PUDDINGS.

There are two methods of steaming puddings :—

1. The basin or mould containing the pudding is put into a saucepan on an inverted saucer or dish or something to raise it

from the water, and the pan must contain sufficient boiling water to reach half-way up the basin. Bring to the boil again after putting the pudding into the pan and boil gently for the time given in the recipe. The water must not boil too hard or it will bubble up into the pudding and make it heavy. Care must be taken that the pan does not boil dry, and more boiling water must be added when necessary.

2. The pudding is put into a steamer placed over a pan of boiling water. The water under the steamer must be kept boiling rapidly and should it evaporate, more water must be added. It is always necessary to allow ½ hour longer for steaming a pudding than for boiling it.

Very delicate puddings such as soufflés, if steamed according to the first method, must be very slowly steamed, only one or two bubbles showing in the water. The basin should not be quite full for steamed puddings, but should allow room for them to rise. Always cover steamed puddings with greased paper, and when steaming according to the first method, be careful that the water does not touch the paper, as the paper will soak up the water and allow it to penetrate into the pudding.

SUET PUDDINGS.

There are many varieties of suet puddings. The general proportions and basis of the puddings are usually the same, different ingredients being added to vary and enrich the mixture, such as fresh fruit, dried fruits, candied peel, ginger, spice, various flavourings, eggs, and so on.

Suet pudding mixture should be sufficiently soft to drop heavily from a spoon, but too soft to handle like pastry. It should always be mixed with a wooden spoon. Breadcrumbs, or pieces of bread soaked and squeezed dry, added to the flour, make a lighter pudding than if flour alone be used. The richness of the pudding also depends upon the amount of suet used, a smaller proportion of suet being used for plainer puddings, while to the richer kind, such as plum puddings, more suet is allowed. If shredded suet be used, less is required as there is no waste with it.

TO CHOP SUET FOR PUDDINGS.

Beef suet is usually preferred for puddings, but mutton suet makes a light pudding, while veal suet gives a most delicate flavour. Remove all skin and fibre from the suet, dredge it with flour and either grate it on a suet grater and then chop it lightly with a knife or shred it finely with a knife dipped in flour and then chop it. A long pointed very sharp knife should be used. Hold the point of the knife down on the board with one hand, and work the handle end up and down with the other. The more finely it is chopped, the lighter the pudding will be.

TO TURN OUT A BOILED OR STEAMED PUDDING.

Lift the pudding from the saucepan and allow it to stand for a minute or two for the steam to escape a little. Remove the cloth or paper, then loosen the edges of the pudding with a knife and shake the basin to ascertain whether the pudding is loose, then reverse it on a hot dish and remove the basin carefully. If the pudding be boiled in a cloth, lift it out of the water with a fork into a colander and let it drain for a minute or two. Untie the string and draw the cloth carefully away from the sides of the pudding. Turn it on to a hot dish. Should the pudding seem inclined to stick to the cloth, work it off gently with a knife.

MILK PUDDINGS.

RICE PUDDING.
(Pouding au Riz.)

For 4 persons.
Time—2 hours.

1½ ozs. of rice; 1 oz. of castor or granulated sugar; a pinch of salt; flavouring; 1 pint of milk (or milk and water, if preferred).

Wash the rice and put it into a pie dish with the salt and sugar. Add the milk or milk and water, and any flavouring used. Stir well and put the pudding into a slow oven. The oven must be slow or the milk will boil over before the starch grains in the rice have time to swell and thicken the milk, and thus check its boiling over. About ten minutes after first putting the pudding into the oven, stir it well and continue cooking. The pudding should be stirred 3 or 4 times at intervals of about 10 minutes for the first part of the time it is cooking. This renders it very creamy. When set, finish cooking until a pale brown skin is formed on the top and the grains of the rice are quite soft. *To Dish.*—Put the pudding dish into a silver dish, or place a paper frill round it and put it on a lace paper on any suitable dish. *Note.*—All milk puddings are cooked in this manner, the slow, gentle cooking being absolutely necessary. **Sago, tapioca, pearl barley, semolina** and all grained cereals should be washed before cooking. Pearl barley should be soaked overnight in cold water, as it then takes less time to cook. Should skimmed milk be used for the puddings, it is well to add about ½ oz. of butter or margarine; or even a little shredded suet, to supply the fat which has been removed from the milk with the cream.

BAKED CUSTARD.
(Crème à la Vanille.)

For 3 persons.
Time—½ hour.

1 pint of milk; 2 eggs; 1 oz. of flour; a grate of nutmeg; puff, rough puff, or short crust pastry (pages 236 and 237); rind of ½ a lemon; 1 oz. of sugar.

Boil the milk with the thinly peeled rind of ½ a lemon. Blend the flour with a little cold milk. Beat up the eggs and stir them into the flour, add the sugar. Strain the boiled milk into this, stirring well the whole time. Roll out the pastry thinly and line the bottom and sides of a pie dish with it. Wet the edges of the

dish and put a strip of pastry round. Knock up and scallop the edges. Strain the custard into this and put a grate of nutmeg over the top. Place the pie dish on a baking tin and bake in a fairly hot oven at first to set the pastry, and then finish cooking in a cooler oven. When the custard is set and the pastry cooked, the pudding is ready. *Note.*—The nutmeg may be omitted, and any other flavouring may be added, if preferred. This custard may be made in the same manner, omitting the flour and using only milk and eggs. Strain the custard into a greased pie dish and bake it in a moderate oven until just set. On no account let it boil or the eggs will curdle.

CARAMEL CUSTARD.

(*Crème à la Caramel.*)

For 3 *persons.*
Time—1 *hour.*

4 eggs; 4 ozs. of loaf sugar; 2 ozs. of castor sugar; 1 gill of water; 1 pint of milk.

Dip the lumps of sugar into the water, put them into a small saucepan and allow them to become brown, but do not burn them. Add the water and stir until the sugar is melted, and then boil until the mixture becomes thick and syrupy. Warm a soufflé mould in the oven. Pour in the mixture and turn it round very quickly, thus coating the mould with the caramel. Leave this to cool. Beat up the yolks of 4 and the whites of 3 of the eggs with the castor sugar. Boil the milk, pour it on to the eggs, stirring the whole time. Pour this into the prepared mould, cover with a greased paper and steam very gently until the custard is firm. *To Dish.*—If served hot, turn the pudding carefully on to a hot dish, when the caramel should run off and form a sauce all round it. If preferred, it may be served cold, in which case leave the pudding in the mould until required, then turn it out on to a cold dish. *Note.*—This pudding may be baked in a slow oven, if preferred. But in this case the mould must be placed on a baking tin, and great care must be taken not to let it burn when cooking. Steamed custard is made in this manner without the caramel.

CORNFLOUR, GROUND RICE OR ARROWROOT PUDDING.

(*Pouding à la Fécule.*)

For 3 *or* 4 *persons.*
Time—About ½ *an hour.*

3 dessertspoonsful of cornflour, ground rice or arrowroot; 1½ pints of milk or milk and water); a pinch of salt; 1 egg; 1 oz. of sugar; any flavouring desired.

Mix the cornflour or arrowroot and salt to a smooth paste with a little of the milk. Rinse out a pan with cold water, put in the rest of the milk and bring it to the boil. Pour it on to the cornflour, stirring well, return to the pan and stir over the fire until the mixture thickens. Simmer from 5 to 8 minutes, then remove the pan from the fire and allow the contents to cool. Stir in the sugar

and any flavouring used, also the beaten egg. Pour into a greased pie dish and bake in a moderate oven until browned. Dredge with castor sugar and serve hot or cold.

CORNFLOUR CUSTARD.

(Crème à la Fécule.)

For 3 or 4 persons.
Time—15 minutes.

1 oz. each: cornflour, castor sugar; 2 eggs; 1 pint of milk; flavouring; pinch of salt.

Mix the cornflour and salt to a smooth paste with a little of the milk. Put the rest of the milk into a saucepan and bring to the boil. Pour it on to the cornflour, stirring all the time and return all to the pan. Stir until boiling, then simmer gently for 10 minutes. Remove the pan from the fire, cool the mixture slightly, then stir in the beaten yolks of 2 and the white of 1 egg, the sugar and flavouring essence. Return the pan to the fire and stir for 3 or 4 minutes for the eggs to cook slightly, but on no account let it boil after they are added. *To Dish.*—Serve hot or cold in a glass dish or custard cups. *Note.*—Arrowroot or potato flour may be used in place of cornflour for this.

BOILED AND STEAMED PUDDINGS.

BOILED BATTER PUDDING.

(Pâte bouillie à l'Anglaise.)

For 4 or 5 persons.
Time—1½ hours.

1 pint of milk; 1 oz. of butter; 3 eggs; a pinch of salt; 3 ozs. of flour; melted butter sauce (page 61).

Sieve the flour and salt into a basin and make a well in the centre, add 2 of the eggs and gradually stir the flour from the sides into them, adding the third egg gradually. Stir until smooth, then beat very well for about 10 minutes. Add a little of the milk and continue to beat. Just melt the butter and stir it in alternately with the rest of the milk. Stir very well, put the mixture at once into a greased basin, tie a scalded and floured cloth over it and put the basin into a saucepan of boiling water; bring quickly to the boil again, and for the first 5 or 10 minutes move the basin about, to keep the flour from settling to the bottom. Then cover the pan and boil for about 1¼ hours. *To Dish.*—Turn the pudding out on to a hot dish and pour over a little melted butter sauce (page 61). *Note.*—The batter may be made richer or plainer according to the amount of flour in proportion to the eggs. For a cheaper pudding about 3 ozs. of flour can be allowed to 2 eggs and a pint of milk. The success of a boiled batter pudding depends upon its being put into the boiling water the moment it is made, before the flour has time to settle. For **Black Cap Pudding** stir 2 ozs. of cleaned currants into the cheaper batter just before cooking it.

TAPIOCA PUDDING WITH EGGS. *For 4 persons.*
(*Pouding au Tapioca.*) *Time—About 1 hour altogether.*

2 ozs. of seed pearl tapioca; 1½ pints of milk; 1 gill of water; 1 egg; a pinch of salt; 2 ozs. of sugar; the grated rind of ½ a lemon.

Wash the tapioca, put it into a saucepan with the water and simmer until the water is absorbed. Add the milk, salt, and the grated lemon rind, and simmer very gently by the side of the fire or over a very low heat until the tapioca is cooked, not forgetting to stir it occasionally. When the tapioca is soft and clear, remove the pan from the fire to cool a little. Beat up the egg with the sugar and stir it into the pudding. Put the mixture into a well greased pie dish, wipe round the edges of the dish and bake in a moderate oven until nicely browned. *To Dish.*—Put the pudding into a silver dish, or place a paper frill round it, and put it on a d'oyley on any suitable dish. Sift castor sugar over. *Note.*—A little margarine or butter may be added to the pudding after beating in the egg, and, if preferred, the white of egg may be separated from the yolk and whipped to a stiff froth, which is stirred lightly into the pudding just before putting it into the pie dish. Any kind of cereal may be cooked with eggs in this manner.

BREAD AND BUTTER PUDDING WITH FRUIT.
(*Pouding aux Tartines et aux Fruits.*) *For 4 or 5 persons.*
Time—1 hour.

3 or 4 slices of bread and butter; bottled or fresh fruit; 2 eggs; 1 pint of milk; 2 or 3 ozs. of sugar; a grate of nutmeg.

Grease a basin. Line it with bread and butter, cutting a round to fit the bottom exactly. Put in a layer of any fresh fruit in season prepared as for stewing. Sprinkle over castor sugar, cover with another layer of bread and butter, and so continue until the dish is three-parts full. Sprinkle the nutmeg over the top. Beat the eggs with the milk and pour over. Cover with a greased paper, steam for 1 hour. *To Dish.*—Turn out very carefully on to a hot dish. *Note.*—This pudding may be put in layers in a greased pie dish and baked in a moderate oven for ¾ to 1 hour, in which case it is dished in the pie dish. Currants and sultanas or raisins may be used in place of fruit. For **Apple Charlotte** grease the pie dish thickly with butter and dust with sugar. Line with bread dipped in melted butter, fill with apples stewed to a thick pulp, cover with more bread and butter and bake.

BROWN BETTY PUDDING. (PLATE 29). *For 5 or 6 persons.*
(*Pouding au Pain Bis.*) *Time—3 hours.*

6 ozs. brown breadcrumbs; 4 ozs. suet; peel of ½ a lemon; 2 ozs. candied peel; 3 ozs. castor sugar; flavouring essence; grated nutmeg and powdered mace; 2 eggs; ½ pint melted butter (page 61); 1 lb. apples; fingers of brown bread.

Shred the suet finely and mix it with the breadcrumbs, nutmeg, mace, grated peel of half a lemon, the finely shredded candied peel,

the peeled, cored and chopped apples, and the sugar. Add the flavouring essence and the beaten eggs. Should the mixture be too dry, add a little milk. Grease a mould or basin, put a round of bread at the bottom, and line the sides with fingers of bread. Put in the mixture, cover with a scalded floured cloth and boil for 3 hours. *To Dish.*—Turn the pudding out on to a hot dish and pour round the melted butter.

CANARY PUDDING. *For 4 persons.*
(*Pouding aux Amandes.*) *Time—1½ hours.*

The peel of ½ lemon; 3 eggs; the weight of the eggs in sugar, flour and butter; 2 ozs. of bitter almonds; jam sauce (page 61).

Blanch and chop the almonds finely. Beat the butter and sugar to a cream, add the eggs one by one, beating each in well. Then stir in the flour and the grated lemon peel and almonds. Put the mixture into a greased basin, cover with greased paper and steam for 1½ hours. *To Dish.*—Turn the pudding out on to a hot dish and pour jam sauce (page 61) round.

CURRANT DUMPLINGS. *For 5 or 6 persons.*
(*Beignets de Raisins de Corinthe.*) *Time—½ hour.*

½ lb. of currants; ½ lb. of flour; ½ lb. of suet; 2 eggs; 1 pint of milk; ½ teaspoonful of powdered ginger; a pinch of salt.

Wash the currants, pick them over and dry them in a cloth, and then in front of the fire. Sieve the flour, ginger and a pinch of salt into a basin, chop the suet finely and add it with the currants. Make a well in the centre, beat up the eggs with the milk and stir them into the flour mixture. Mix well and then roll the paste into balls with the help of a little flour. Put them into a saucepan of boiling water and boil fast for ½ hour or until the dumplings are cooked. Drain well. *To Dish.*—Pile the dumplings on each other on a hot dish and sift castor sugar over. If desired, melted butter sauce may be handed with this. *Note.*—This mixture may also be made into a roll, tied in a scalded floured cloth, and boiled like roly-poly pudding. It will take 1½ to 2 hours to boil when made in one pudding.

FIG PUDDING. *For 6 persons.*
(*Pouding aux Figues.*) *Time—4 hours.*

½ lb. of breadcrumbs; 1 teaspoonful of baking powder; a pinch of salt; ½ lb. of figs; 4 ozs. of brown sugar; 2 eggs; 1 gill of milk; 4 ozs. of flour; 4 ozs. of suet; ½ teaspoonful of grated nutmeg.

Shred and chop the suet finely, chop the figs small, removing the stalks. Sieve the flour, salt, nutmeg and baking powder into a basin, add all the rest of the dry ingredients. Beat up the eggs with about 1 gill of milk and beat them into the mixture. Put all into a

greased basin, cover with greased paper and steam for 4 hours. *To Dish.*—Turn the pudding on to a hot dish and serve with melted butter or jam sauce (page 61). This may be made with stoned dates for **Date Pudding.**

BOILED FRUIT PUDDING. APPLE PUDDING, Etc. *For* 6 *persons.*
(*Pouding aux Fruits.*) *Time*—1½ *hours.*

½ lb. of suet crust (page 238); ¼ gill of water; 1½ lbs. of any fruit in season; lemon or any flavouring liked; 4 ozs. of sugar, or more should the fruit be acid.

Prepare the fruit according to the kind. Apples are peeled, cored and cut in slices; rhubarb washed, peeled and cut into small pieces; gooseberries washed, topped and tailed; currants stripped from the stalks and washed; plums, damsons, greengages and so on, wiped and the stalks removed; blackberries washed and stalked. Grease a mould or basin, put aside a portion of the suet crust for the lid, roll out the remainder and line a basin with it. Half fill it with the fruit then add the sugar and water and put in the remainder of the fruit. Should any lemon rind be used for flavouring, it is grated and added with the sugar. Cinnamon, nutmeg or cloves are sometimes added with apples. Roll out the portion for the lid, wet the edges of the pudding, put on the lid and press the edges well together. Cover with a scalded floured cloth, put the pudding into a pan of boiling water and boil for about 1½ hours, or cover it with greased paper and steam for 2 to 2½ hours. *To Dish.*—Remove the cloth, loosen the pudding round the edges and turn it out on to a hot dish.

GINGER PUDDING. *For* 6 *persons.*
(*Pouding au Gingembre.*) *Time*—3 *hours.*

½ lb. of flour; 6 ozs. of suet; 2 teaspoonsful of ground ginger; 1 egg; ½ lb. of breadcrumbs; 1 teaspoonful of baking powder; 1 gill of milk; a pinch of salt; 4 ozs. of Demerara sugar; 1 gill of golden syrup or treacle.

Sieve the flour, baking powder, ginger and salt into a basin. Mix them with the breadcrumbs, shred the suet finely and add. Put the syrup, milk and sugar into a pan and stir over low heat until the sugar has melted and they are well blended, then stir these into the flour mixture. Beat up the egg and add. Put the mixture into a greased basin, cover with greased paper and steam for 3 hours. *To Dish.*—Turn the pudding out on to a hot dish and serve with melted butter or treacle sauce (page 61).

4 ozs. of marmalade may be used in place of ginger and golden syrup with this mixture, which is then called Golden Pudding.

JAM ROLY-POLY. *For* 4 *or* 5 *persons.*
(*Roly-Poly au Confiture.*) *Time*—2 *hours.*

½ lb. of suet crust (page 238); 4 ozs. of jam; melted butter sauce (page 61).

Roll out the suet crust into a long thin strip about twice as long as it is broad. Spread the jam over it to within one inch of the edges. Roll it up. Seal the edges well, put it into a scalded floured



I—PUTTING ON BUTTER.



II—FOLDING IN BUTTER.



III—LINING AND COVERING TARTS.

MAKING FLAKY PASTRY. (*See page* 236.)



MIXING FLOUR AND BUTTER.



ROLLING, AND LINING PIE DISH



COVERING AND TRIMMING AN APPLE PIE. (*See page* 244.)

MAKING SHORT CRUST PASTRY. (*See page* 237.)

cloth. Tie up the ends and put it into a saucepan of boiling water and boil for 2 hours. It is advisable to put a saucer or something at the bottom of the pan to prevent the pudding sticking. *To Dish.*—Turn the pudding out of the cloth on to a hot dish and serve with melted butter sauce (page 61).

NORFOLK DUMPLINGS. *For* 12 *dumplings.*
(*Boulettes à la Norfolk.*) *Time*—¼ *hour.*

1 lb. of bread dough (page 306); ½ pint of wine or melted butter sauce (page 61); boiling water.

Divide the dough into small pieces, shape them into rounds and drop them into a pan of boiling water. Boil quickly for about ¼ hour. Drain well. *To Dish.*—Serve them on a folded napkin on a hot dish and serve with wine or melted butter sauce.

CHRISTMAS PUDDING. (PLATE 30). *For* 8 *persons.*
(*Pouding de Noël.*) *Time*—6 *hours.*

1 lb. of raisins; ½ lb. sultanas; ½ lb. of currants; ½ lb. of mixed candied peel; 4 oz. of brown sugar; 6 eggs; ½ a nutmeg; ¾ lb. of breadcrumbs; ½ lb. of flour; ¾ lb. of suet; a wineglassful of brandy; 1 teaspoonful of ground ginger; a pinch of salt.

Dry the flour in the oven, rub it through a sieve with the ginger, nutmeg and salt. Mix it with the breadcrumbs and the finely shredded suet and sugar. Wash the currants, dry them in a cloth, stone and halve the raisins, shred the candied peel finely, add these to the breadcrumb mixture. Beat up the eggs and stir them into the pudding mixture with the brandy. Mix very well. Cover the basin and leave it for 12 hours. The next day stir again. Then divide the mixture into two or three portions. Tie these portions in scalded floured cloths, and put them into a saucepan of boiling water. Boil for 6 hours. Remove the puddings from the pan, drain well and allow them to cool. Then hang them up in a dry place until required. When required, the puddings should be boiled or steamed again for 2 or 3 hours. *To Dish.*—Turn the pudding out of the cloth on to a hot dish, put a sprig of red-berried holly in the centre of the pudding, pour a little brandy over and round, and set light to the brandy at the dining-room door. Hand brandy or hard sauce (pages 60 and 61). *Note.*—These puddings may be made at the end of October, and, if desired, they may be put into greased basins covered with scalded floured cloths and boiled. If cooked in a basin, the cloth should be removed to allow the steam to escape. Dry the cloth and replace it, or re-cover with a clean, dry cloth.

The grated rind of a lemon, 2 or 3 ozs. of blanched chopped almonds and ¼ lb. of peeled, cored and chopped apples may be added to any plum pudding mixture.

PLAIN PLUM PUDDING. *For 6 persons.*
(*Pouding de Noël.*) *Time—3 hours.*

½ lb. of flour; ½ lb. of raisins; 2 eggs; 4 ozs. of breadcrumbs; ½ lb. of beef suet; ½ teaspoonful of salt; 4 ozs. of currants; ½ pint of milk; 4 ozs. brown sugar.

Shred and chop the suet finely, sieve the flour and salt, stone and chop the raisins and clean the currants. Mix all the dry ingredients together. Beat up the eggs with the milk and stir them to the mixture. Beat well, and put the pudding into a scalded floured cloth or into a greased basin. Put it into a pan of boiling water and boil steadily for 3 hours. Before the pudding is required, re-boil it for 2 hours. *To Dish.*—See Christmas Pudding (page 255). Hand hard sauce (page 61) or melted butter flavoured with vanilla. *Note.*—Do not keep this pudding too long.

PLAIN BOILED RICE. *For 5 or 6 persons.*
(*Pouding au Riz bouilli.*) *Time—2 hours.*

¾ lb. of Carolina rice; a pinch of salt.

Wash the rice in two or three waters, and sprinkle over a pinch of salt, tie it in a loose cloth to give it room to swell, put it into a saucepan of boiling water. Boil gently until the rice is tender, about 2 hours. *To Dish.*—When the rice is cooked, drain it well and turn it out on to a hot dish. Serve with jam or stewed fruit, and melted butter or custard sauce (pages 60 and 61).

PLAIN SUET PUDDING. *For 3 or 4 persons.*
(*Pouding bouilli.*) *Time—2½ to 3 hours.*

½ lb. of flour; 1 teaspoonful of baking powder; ½ lb. of breadcrumbs; ½ teaspoonful of salt; ½ lb. of suet; about 1 gill of milk or water.

Mix the flour, salt, breadcrumbs and baking powder together. Chop the suet and stir it into the flour. Make a well in the centre and pour in enough milk or water to make a soft dough. Mix quickly and put the mixture into a greased basin, cover with a scalded, floured cloth, and boil for 2 to 2½ hours, or cover with greased paper and steam for 2½ to 3 hours. *To Dish.*—Turn the pudding out on to a hot dish and serve it with custard or melted butter sauce (pages 60 and 61). *Note.*—More suet and less baking powder may be added to this, if desired, and currants, raisins, sultanas, candied peel, chopped nuts or one or two tablespoonsful of marmalade or jam may be added to the pudding.

BAKED PUDDINGS.

APPLE BATTER PUDDING. *For 6 or 7 persons.*
(*Pâté de Pommes.*) *Time—About 1 hour.*

1 lb. of apples; 3 tablespoonsful of flour; 1 teaspoonful of grated lemon rind; 1 oz. of butter; 3 eggs; 1¼ pints of milk; 2 ozs. of sugar; a pinch of salt.

Sieve the flour and salt into a basin. Make a well in the centre and put in the eggs, unbeaten. Stir the flour gradually into the eggs,

then beat very well, adding a little of the milk. When well beaten, stir in the rest of the milk gradually. Peel, core and cut the apples into slices and put them into a well-buttered pie dish, sprinkle over the grated lemon rind and the sugar. Stir the batter and pour it over. Bake in a fairly hot oven for about 1 hour or until the batter is set. The oven should be fairly hot when the batter is first put in, but the heat can be lessened gradually later. When the batter is cooked, put the butter in small pieces over the top and sift castor sugar over. Return to the oven for about 5 minutes to brown. *To Dish.*—Put the pie dish on a silver dish or put a paper frill round the dish and put it on a lace paper on an ordinary dish. *Note.*—Any kind of fruit prepared as for stewing may be made into a batter pudding in this manner. If preferred, the apples may be peeled and cored without breaking them, the centre filled with sugar and a clove inserted in each. Place them in a pie dish, cover with the batter and bake for about an hour.

YORKSHIRE OR BAKED BATTER PUDDING. *For 4 or 5 persons.*
(*Pâté au Four.*) *Time*—¾ *hour.*

4 eggs; 1¼ pints of milk; 8 ozs. of flour; a pinch of salt.

Sieve the flour and salt into a basin, make a well in the centre, and add the eggs gradually, stir the flour into them, adding a little milk if the mixture is too thick. When quite smooth, beat very well for 10 or 15 minutes, then gradually stir in the rest of the milk. Put it into a greased pie dish and bake in a quick oven for ¾ hour. If served with meat this is baked in the tin under the meat. *To Dish.*—Put the dish in a silver dish or put a paper frill round it and serve it on another dish. *Note.*—It is much easier to stir the lumps out of the mixture with a small quantity of liquid, so that very little milk should be added at first. After the batter is well beaten, more milk may be stirred in gradually.

CASTLE PUDDINGS. (Plate 30). *For 6 persons.*
(*Poudings au Château.*) *Time*—30 *minutes.*

2 eggs; a pinch of salt; glacé cherries; the weight of the eggs in butter, sugar and flour; a teaspoonful of vanilla essence or one of grated lemon rind.

Beat up the butter and sugar to a cream, add the eggs one by one, beating each in well. Sieve the flour with a pinch of salt and stir it lightly to the mixture with the lemon peel or vanilla flavouring. Stir all well. Half fill some small greased moulds with the mixture, then place them on a baking tin and bake in a fairly hot oven for 30 minutes, or until the puddings are set. *To Dish.*—Turn the puddings out on to a hot dish and pour round a little jam or wine sauce (page 61) and put a glacé cherry on each. These may be made in one mould, if desired, in which case it takes ¾ to 1 hour to bake.

COCOANUT PUDDING.

For 4 persons.
(*Pouding de Coco.*) *Time*—30 *minutes.*

3 eggs; 4 ozs. of butter or margarine; a pinch of grated nutmeg; ½ lb. of desiccated cocoanut; ½ teaspoonful of lemon essence; 6 ozs. of short crust or rough puff pastry (pages 237 and 236); 4 ozs. of granulated or castor sugar.

Line a pie dish with the pastry, decorate the edges with little rings of pastry. Beat up the sugar and butter to a cream, add the eggs one by one, beating them in well. Add the lemon essence, nutmeg, and the desiccated cocoanut. If the mixture be too dry, add a very little milk. Put the mixture into the prepared pie dish and bake in a fairly hot oven for about ½ an hour, or until the pudding is set and the pastry is cooked. *To Dish.*—Place the pie dish in a silver dish or put a paper frill round it and place it on a lace paper on any suitable dish. Serve hot or cold.

GENERAL SATISFACTION PUDDING.

For 4 persons.
(*Pouding Favori.*) *Time*—½ *hour.*

6 finger sponge cakes; 1 oz. of butter; 2 eggs; any kind of jam preferred; 6 ozs. of short crust or rough puff pastry (pages 237 and 236); 1 oz. of flour; 1 oz. of castor sugar; 1 gill of milk; 1 teaspoonful of grated lemon rind.

Line a pie dish with the pastry and put a layer of jam at the bottom. Cut the sponge cakes in slices and place them on the jam. Melt the butter in a pan, add the flour and blend well without browning. Gradually stir in the milk. Stir rapidly until this thickens and forms a ball in the centre of the pan. Remove this from the fire and cool slightly, then add the yolks of the eggs, beating each in well. Add the grated rind of a lemon and the sugar. Whisk the whites of the eggs to a stiff froth and stir them in lightly. Bake in a moderate oven for about ½ hour, or until set. *To Dish.*—Put the pudding dish on a silver entrée dish, or put a paper frill round it and place on any suitable dish. Serve hot.

QUEEN OF PUDDINGS.

For 4 or 5 persons.
(*Pouding à la Reine.*) *Time*—20 *to* 30 *minutes.*

1 pint of milk; rind and juice of a lemon; 3 tablespoonsful of jam; 2 ozs. of butter; 2 eggs; 4 ozs. of breadcrumbs; 1½ ozs. of castor sugar; vanilla essence; sugar for the meringue.

Boil the milk with the butter and lemon rind, strain it over the breadcrumbs. Add the lemon juice and sugar and leave it to soak for a few minutes. Beat up the yolks of the eggs, add them to the mixture and stir all well together. Put the pudding into a greased pie dish and bake in a moderate oven until it is set and firm. Whisk up the whites of eggs very stiffly, add one tablespoonful of sugar and flavour with vanilla. Spread the jam over the pudding and place the meringue of eggs on the top, sift castor sugar over, and return the pudding to the oven for a few minutes in order to brown and set the meringue. *To Dish.*—Put the pie dish in a silver entrée dish, or put a paper frill round it and place it on a lace paper on any suitable

dish. *Note.*—Cake or biscuit crumbs may be used in place of bread for this pudding.

SOUFFLÉS.

Soufflés are very light puddings, the foundation of which is a panada, to which the yolks and whites of eggs, beaten separately, and any ingredient or flavouring desired, are added.

A soufflé must be cooked directly it is mixed, and served as quickly as possible before it has time to fall, therefore see that everything is ready before beginning to cook it. If steamed, the water must be boiling in the saucepan. If baked, the oven must be at the right heat.

To prepare the Moulds.—For a steamed soufflé, a tin with straight sides is generally used. This should be brushed over thickly with clarified butter. A double band of paper deep enough to stand 3 or 4 inches above the tin, and long enough to fold right round it and just overlap, should be greased with the butter and tied round the outside of the tin. Grease another round of paper to cover the top.

For baked soufflés, fireproof china glass, or earthenware soufflé dishes are used. These are dished on a d'oyley on another dish or are put into a silver frame.

Small soufflés are usually baked and served in small china or paper cases. The dishes and paper cases are greased with clarified butter. Put them on to a baking tin and cook them in a moderate oven until well risen and firm when touched.

A soufflé mixture should only three-parts fill the mould to allow room for rising.

If baking a soufflé, put it into a moderate oven and keep the oven at a steady heat. Avoid opening the oven door as much as possible, as a sudden rush of cold air might cause the soufflé to fall.

A soufflé must be served directly it is cooked, as if kept waiting, it will sink.

Steamed soufflés are turned out on to a hot dish and the sauce poured round them. Baked soufflés are served in the dish in which they were cooked.

CHOCOLATE SOUFFLÉ.

(Soufflé au Chocolat.)

For 4 persons.
Time—About 1 hour.

1 oz. of butter; ½ teaspoonful of vanilla essence; 1 gill of milk; 1 oz. of flour; 1 oz. of castor sugar; 3 ozs. of chocolate; 3 yolks and 4 whites of eggs.

Grate the chocolate finely. Melt the butter in a pan, add the flour and mix well, then stir in the chocolate and milk off the fire and blend smoothly. Return to the fire and boil until the mixture thickens and begins to leave the sides of the saucepan, stirring and beating the whole time. Remove the pan from the fire and cool the mixture slightly, then beat in the yolks of 3 eggs one by one,

add the sugar and vanilla essence. Whip the whites of the eggs to a stiff froth and stir them lightly to the mixture. Put it into a greased soufflé tin, round which a band of greased paper has been tied, place the tin in a pan of boiling water on something to keep it raised from the bottom of the pan. See that the water only reaches half-way up the tin, cover the soufflé with greased paper and steam very gently for about 1 hour. *To Dish.*—Turn out carefully on to a hot dish and serve with custard sauce (page 60). *Note.*—This soufflé may be baked if preferred, in which case it is served in the soufflé dish and takes about 30 minutes to bake.

CORNFLOUR SOUFFLÉ. *For 3 persons.*
(*Soufflés Roses.*) *Time*—15 *to* 20 *minutes.*

1 oz. of butter; 3 eggs; crystallised rose petals; ½oz. of cornflour; 2ozs. of castor sugar; 1 gill of milk; 1 teaspoonful of rose water or ½ teaspoonful of vanilla essence.

Blend the cornflour with the milk and put with the butter into a small pan. Stir over the fire until the mixture boils, then continue stirring rapidly until the mixture leaves the sides of the saucepan. Remove the pan from the fire, add the yolks of the eggs one by one, beating each in well. Stir in the sugar and ½ teaspoonful of vanilla essence or 1 teaspoonful of rose water. Whip the whites of the eggs stiffly and fold them in lightly. Put the mixture into small greased soufflé or ramekin cases and place these on a baking tin and bake them in a moderate oven for 15 minutes. *To Dish.*—Serve in the cases on a lace paper on a suitable dish. Sprinkle with crystallised rose petals.

OMELET SOUFFLÉ. *For 4 persons.*
(*Omelette Soufflé.*) *Time*—10 *minutes.*

3 eggs; vanilla essence; 2 ozs. of castor sugar; 1 teaspoonful of flour; a pinch of salt.

Put the yolks of the eggs into a basin with the sugar and stir and beat with a wooden spoon until thick and creamy. Add 15 drops of vanilla essence and shake in lightly a teaspoonful of flour. Whip the whites of the eggs and a pinch of salt to a very stiff froth, and stir them lightly to the milk with a metal spoon. Grease an omelet pan, line it with greased paper, put in the mixture, and put the pan into a fairly hot oven and cook for about 8 minutes. Turn it out on to a paper sprinkled with castor sugar and spread about ½ tablespoonful of warm jam in the middle. Fold the omelet over. *To Dish.*—Place the omelet on a lace paper on a hot dish and serve immediately. *Note.*—If desired, a little warm stewed fruit may be placed in the centre of this in place of jam, and a little liqueur may be sprinkled over it when cooked.

A Rum Omelet is made in the same manner, a teaspoonful of rum being added to the mixture instead of flavouring essence. When

cooked, a few spoonsful of warmed rum are poured over the omelet and lighted just as the omelet is served.

VANILLA SOUFFLÉ. *For 4 persons.*
(*Soufflé à la Vanille.*) *Time*—1 *to* 1½ *hours.*

1 pint of milk ; 1 teaspoonful of vanilla essence ; 4 oz. of flour ; 2 ozs. of castor sugar ; glacé cherries ; 4 ozs. of butter ; 5 eggs.

Grease a soufflé mould, cut the cherries in half and decorate the bottom with them. Tie a piece of greased paper round the outside of the mould. Melt the butter in a saucepan, add the flour and blend well. Add the milk and stir until the mixture boils, then stir very quickly until it forms a ball in the middle of the saucepan. Remove it from the fire, add the yolks of 4 eggs one by one, beating each in well. Beat for a few minutes, add the vanilla essence and sugar. Whisk the whites of the 5 eggs to a stiff froth and stir them lightly to the mixture. Put it into the prepared mould, cover with greased paper and steam for 1 to 1½ hours, or until firm when pressed. *To Dish.*—Let the pudding stand for a minute or two to shrink. Remove the paper from the tin and turn the pudding out carefully on to a hot dish. Serve with custard or wine sauce (pages 60 and 61). *Note.*—This soufflé may be baked if preferred, in which case 3 ozs. of flour only need be used. In place of vanilla, this soufflé may be flavoured with orange, lemon or almond essence, the soufflé taking its name from the flavouring.

BATTERS AND FRITTERS.

Sweet fritters are composed of a light batter which is either incorporated with, or encloses, some sweet mixture. Fritter batters must be thick enough to coat the article to be fried but should not be stodgy. Always let the batter stand for about half an hour before using it. The success of fritters greatly depends upon the frying. A deep saucepan and plenty of fat must be used, and the fat must be properly hot before putting in the fritters. It may be tested by dropping in a small spoonful of the batter, which should at once rise to the surface and frizzle ; the fritters will then puff out and become crisp. If the fat is not hot enough it sinks into the batter, which becomes greasy and indigestible. Do not put too many fritters into the pan at once, or the fat becomes chilled. Re-heat the fat before adding the second batch of fritters. Drain them well on soft white paper, and keep hot while frying the remainder. Turn the fritters when browned on one side, in order to brown the other side. Lift them out of the pan with a perforated spoon.

A pancake batter is more liquid than a fritter batter, and may be made more or less rich according to the number of the eggs used. It should also stand a short while before using it to allow the starch

grains to burst and aerate the batter before cooking it. Pancakes are fried in a very little fat. When clean snow is available it may be used in place of the eggs in the batter, 2 tablespoonsful of snow being equivalent to 1 egg.

CREAM PANCAKES.

(*Crêpes à la Crème.*)

For 4 or 5 persons.
Time—20 *minutes.*

1 gill of cream ; ½ lb. of flour ; butter or lard to fry ; 1 gill of milk ; 1 oz. castor sugar ; lemon juice ; 2 eggs ; a pinch of salt.

Sieve the flour and the salt into a basin. Make a well in the centre, drop the eggs into the flour and add a little milk. Stir all well together and add more milk by degrees. When a perfectly smooth batter is formed, gradually stir in the remainder of the milk and the cream. Add the sugar and let the batter stand for at least ½ an hour, longer if possible. Cover the bottom of a small frying or omelette pan with a little butter or lard and turn this out again as the pan should only be greased, not swimming in fat. When the pan is quite hot, take about ½ a gill of the batter and pour it into the pan. Turn the pan a little to coat it evenly with the batter, and cook the pancake gently on one side until it is set and brown. Then turn the pancake with a knife, or toss it, and brown the other side. When cooked on both sides, turn it out on to a paper strewn with castor sugar, squeeze over a few drops of lemon juice and sift castor sugar over. Roll the pancake up and keep it hot while frying the others. A little fresh fat must be put into the pan between each pancake, but on no account use too much fat when frying or the pancakes will become greasy. The best way to keep them hot is to place the dish over a saucepan of boiling water and cover with the lid of the saucepan. Both for mixing and beating up the batter always use a wooden spoon. *To Dish.*—Arrange the pancakes on a paper d'oyley on a very hot dish, in cross lines, and hand castor sugar and cut lemon or orange. *Note.*—Apple pancakes may be made in this manner, adding 2 peeled, cored and finely chopped apples to the batter just before frying the pancakes. The cream may be omitted, using another gill of milk instead.

To toss a Pancake—Loosen the pancake from the pan and shake it gently towards the edge opposite the handle, and give the pan a quick toss, when the pancake should turn over neatly and fall brown-side uppermost in the pan.

FRENCH PANCAKES.

(*Crêpes à la Française.*)

For 5 or 6 persons.
Time—20 *minutes.*

½ pint of milk ; 1 oz. of castor sugar ; any jam preferred ; 2 eggs ; a pinch of salt 4 oz. of flour ; 1 teaspoonful of grated lemon rind.

Sieve the flour and a pinch of salt into a basin. Separate the yolks from the whites of the eggs and stir the former into the flour

with a little of the milk. Beat very well and add a little more milk gradually. Leave this to stand for at least ½ an hour. Just before cooking the pancakes, whip up the whites of the eggs to a stiff froth, add the sugar and grated lemon rind and stir them into the batter. Grease some saucers or shallow tins, put a little of the batter into each, place them on a baking tin and bake in a moderate oven for about 20 minutes. When cooked, put a teaspoonful of jam on each pancake and double it over. *To Dish.*—Arrange the pancakes on a d'oyley on a hot dish and serve immediately. *Note.*—If desired, 1 teaspoonful of ground ginger may be added to these for flavouring in place of the lemon rind. It should be sieved with the flour.

PANCAKE VARIATIONS.

The pancakes may be filled with whipped cream, flavoured with vanilla or with grated chocolate mixed with whipped cream or with apple marmalade made like apple sauce.

Savoury Pancakes may be made with a filling of mince of any kind of poultry, game, meat or fish mixed with a savoury sauce. Grated cheese may be added to the batter for savoury pancakes, which should be made smaller than sweet ones. Cooked mushrooms, tomatoes, asparagus tips or green peas are also excellent served inside pancakes. Needless to say, if a savoury mixture be put in the pancakes no sugar must be added to the batter.

A spoonful of rum, brandy or any liqueur may be added to the pancakes, if desired.

A pancake batter is made richer by adding more eggs and less milk, or an ounce of melted butter may be stirred into the mixture before frying. They may also be sprinkled over with grated cinnamon and castor sugar.

Cleaned currants may be added to the pancakes just before frying.

SNOW PANCAKES.

For 4 persons.

(*Crêpes à la Neige.*) *Time—5 minutes to fry each pancake.*

4 ozs. of flour ; 6 tablespoonsful of very clean snow ; 1 gill of milk ; 1 lemon ; a pinch of salt ; castor sugar.

Sieve the flour and salt and mix it to a smooth batter with the milk. Beat well until quite smooth and free from lumps, then just before frying, stir the snow in lightly. Fry the pancakes (see Cream Pancakes on page 262) and turn each one out on to sugared paper, sprinkle it with lemon juice and castor sugar and roll up and keep hot while the rest are being fried. *To Dish.*—Arrange the pancakes on a d'oyley on a hot dish and hand cut lemon and sugar. If preferred, orange may be used for flavouring in place of lemon.

FRITTER BATTER, No. 1.

(*Pâte à Frire.*)

½ lb. of flour ; whites of 2 eggs ; ½ pint of tepid water ; 2 tablespoonsful of salad oil or 2 ozs. of butter ; a pinch of salt.

Sieve the flour and salt into a basin. Just melt the butter and mix it with the water. Stir this into the flour, beat until smooth and let it stand for at least ½ hour. Just before using it, whisk the whites of the eggs to a stiff froth and stir them in lightly. *Note.*—If salad oil be used, it is stirred into the tepid water in place of the butter. Half a pint of beer may be used in place of tepid water, if desired.

FRITTER BATTER, No. 2.

(*Pâte à Frire.*)

1 egg ; a pinch of salt ; 4 oz. of flour ; 1 gill of milk.

Sieve the flour and salt into a basin, make a well in the centre. Put in the egg and a little of the milk and beat well until smooth, gradually adding the rest of the milk. Beat very well and let it stand for at least ½ hour before using it.

AMERICAN FRITTERS (Doughnuts).

For 5 or 6 persons.

(*Biegnets à l'Américaine.*) *Time—About 10 to 15 minutes to cook.*

1 lb. of flour ; 1 teaspoonful of castor sugar ; frying fat ; ½ oz. of compressed yeast ; a pinch of salt ; 2 ozs. of butter ; 1 egg ; ½ pint of milk.

Sieve the flour and salt into a basin, rub in the butter. Put the yeast and sugar into a small warmed basin and beat them to a cream with a wooden spoon. Warm the milk to the heat of new milk and stir it gently to the yeast. Add the beaten egg. Make a well in the centre of the flour, pour in the yeast and milk, and gradually stir the flour into it. Beat well until smooth and free from lumps. Cover the basin with a cloth and leave it to rise in a warm place for 2 hours. Mix well together, then take a small piece of the dough about the size of a golf ball. Spread it out and put ½ teaspoonful of jam in the centre. Draw the edges of the dough over the jam and roll it into a ball. Continue until the dough is finished. Place the balls on a floured baking tin and leave them in a warm place again to rise for about 10 minutes. Have ready a deep saucepan of hot fat, and when a faint blue smoke begins to rise from it, put in a few of the doughnuts at a time. After the first minute or two, lower the heat slightly and cook the doughnuts about 10 to 15 minutes. When one side is brown, turn them over and brown the other. Lift them out with a perforated spoon, drain on soft paper and sprinkle with castor sugar. *To Dish.*—Arrange the doughnuts on a d'oyley on a hot dish and serve immediately.

APPLE FRITTERS.

For 6 persons.

(*Beignets de Pommes.*) *Time—6 minutes for each batch.*

3 apples ; 1 lemon ; ½ pint of fritter batter, No. 1 or 2 (page 264) ; castor sugar ; 1 lb. of lard.

Pare and core the apples without breaking them, cut them into rings about ⅛-inch thick, sprinkle these with the sugar and lemon juice. Make some lard hot in a deep frying pan, and when a faint blue smoke begins to rise, dip each apple ring in the batter and drop it into the fat. Fry for about 6 minutes. Lower the heat under the fat after the first minute, so that the apple may cook through. Drain on soft paper. *To Dish.*—Serve on a d'oyley on a hot dish. Sift sugar over them. *Note.*—Any fruit may be used in the same way. Bananas are sliced lengthways and then across.

BREAD AND BUTTER FRITTERS.

(*Beignets aux Tartines.*) *Time—5 minutes to fry each batch.*

Slices of thin bread and butter ; jam ; frying fat ; fritter batter No. 1 or 2 (page 264).

Remove the crusts from some thinly cut slices of brown or white bread and butter. Spread jam over one half of the slices and press the other slices on the top. Cut these into triangles. Make the fat hot, and when a faint blue smoke begins to rise, dip the jam sandwiches into the batter and then drop them into the hot fat. Fry pale brown. Drain on soft paper. *To Dish.*—Arrange the fritters on a d'oyley on a hot dish and sift castor sugar over rather thickly. Serve hot. *Note.*—This is an excellent method of using up any left-over bread and butter. Stale cake may be cut into pieces, dipped in batter and fried in the same manner.

CURRANT FRITTERS.

For 4 or 5 persons.

(*Beignets aux Fruits Secs.*) *Time—6 minutes to fry each batch.*

½ lb. of flour ; 1 oz. of butter ; 2 ozs. of currants ; milk ; 1 teaspoonful of baking powder ; ½ lemon ; a pinch of salt ; 2 ozs. of castor sugar ; 2 eggs ; vanilla or almond essence.

Sieve the flour, salt and baking powder. Beat the butter and sugar to a cream, add the yolks of the eggs one by one. Stir in the flour and milk alternately. Clean and add the currants and the grated rind of the lemon or a few drops of vanilla or almond essence. Have ready a deep saucepan of fat and when a faint blue smoke begins to rise from it, take up teaspoonsful of the mixture and drop them into the fat. Fry pale brown, turning once. Sprinkle with castor sugar. *To Dish.*—Pile the fritters on a lace paper on a hot dish. *Note.*—About ½ pint of milk or a little less will be required.

COLD SWEETS, JELLIES AND CREAMS

Cold Puddings—Blancmanges—Jellies—Creams—Sponges and Mousses—Fruit Dishes, Etc.—General Remarks—Recipes.

GENERAL REMARKS.

Jellies, Creams and Blancmanges should be made sufficiently stiff to turn out of the mould without breaking, but they should not be too stiff, as they are then less appetising when eaten. Gelatine should always be dissolved in water, fruit juice, or syrup. It is possible to dissolve it in milk, but there is always the danger of its curdling if the milk is allowed to boil. The best gelatine should be bought, as if a poor quality is used it is apt to have an unpleasant taste of glue. In warm weather more gelatine is required than in cold, and for picnics, where the sweets have to be carried, more gelatine should be used when making them. Jellies and creams set in large moulds require to be slightly stiffer than if set in small moulds; and where fruit or any other solid substance is mixed with the jelly, it would also require stiffening a little more. A cream or custard mixture requires less gelatine than a clear jelly, as the eggs thicken it. The jelly may be strained through a jelly bag, but it is simpler to strain it through a clean tea cloth which should be tied on to the legs of a chair. Always scald the cloth before pouring the jelly in, by pouring boiling water through it into a basin underneath. Remove the basin and empty it; put it back under the cloth and then pour the jelly through the cloth. If it does not run through clear at first, another basin should be held underneath the cloth while the contents of the first basin are gently poured back into the cloth. Continue changing the basins in this way until the jelly runs through quite clear. Strain the jelly in a warm place and cover it while straining, as it is liable to set before it has all run through the cloth. The jelly should be cold before putting into the mould, as if put in hot it is apt to become cloudy.

Creams and Mousses should be quite cold and almost set before putting them into the mould, otherwise the gelatine is apt to sink to the bottom of the mould instead of being suspended throughout the cream. The mould must always be rinsed out in cold water before putting the jelly or cream into it. If setting creams or jellies in

different coloured layers, one layer must be completely set before putting in another, otherwise they become mixed. All cold sweets should be made the previous day if possible, but if ice be available it is very easy to set them quickly. The ice should be broken up rather small and put into a basin. The mould is then placed on it.

TO DECORATE A MOULD FOR CREAMS OR JELLIES.

Required.—A little clear jelly; any decoration suitable, such as glacé cherries, angelica, pistachio nuts, crystallised fruits, crystallised violets or rose petals, almonds, etc., may be used.

Rinse the mould out in cold water, pour in a little cold but liquid jelly, and leave this in a cold place or on ice to set, then arrange the decorations on the jelly in any design liked; pour more jelly very carefully over the decorations with a spoon. Care must be taken not to dislodge the decorations when setting them with the jelly. Leave them to set.

If it be desired to coat the sides of the mould also, proceed as follows. Allow the decorations at the bottom of the mould to set, then pour in a little more cold jelly, turn the mould round and round slowly so that the sides may become coated. To coat the sides of the mould satisfactorily and quickly it is better to use a little ice. Break the ice into fairly small pieces, put these into a basin, keeping the surface as flat as possible. Place the mould on this and turn it round slowly. If the sides of the mould are to be decorated also, when a coating of the jelly has set all over the sides, place the mould on the ice sideways, arrange the decorations on one side, then pour a spoonful of the jelly over carefully and allow it to set. Proceed in the same manner for the other sides of the mould. Small moulds are coated in the same way, but the sides of small moulds are rarely decorated.

TO TURN OUT MOULDS, JELLIES OR COLD SWEETS.

Dip the mould into a basin of hot but not boiling water. Move the mould about for a second or two, lift it out quickly and dab the top with a clean cloth. Place the dish over the top of the mould, reverse both of them, holding the thumbs on the mould and the fingers under the dish. Give it a sharp downward shake to loosen the jelly, then withdraw the mould very gently from the jelly. Should the mould not leave the jelly, after shaking it two or three times, again dip it in warm water and repeat the process. Always shake *downwards*, not up and down. Should the water be so hot that the jelly begins to melt and runs down on to the dish, put the dish at once into a very cold place to check any further melting. If an earthenware mould be used, the water should be hotter and the immersion longer than if a metal mould be used.

COLD PUDDING AND SWEETS.

CORNFLOUR BLANCMANGE.

For 4 persons.
Time—10 minutes.

(*Blancmange de Fécule de Mais.*)

1½ ozs. of cornflour ; 1 oz. of sugar ; 2 bay leaves ; a pinch of salt ; 1 pint of milk.

Blend the cornflour with a pinch of salt and a little of the cold milk. Put the rest of the milk and the bay leaves into a pan and bring to the boil ; strain over the cornflour, stirring all the time, add the sugar and return all to the pan. Cook over low heat for about 8 minutes, stirring continuously. Pour this into a mould rinsed out in cold water and leave it in a cold place to set. *To Dish.*—Turn the mould out carefully on to a glass dish and pour round a little stewed fruit or jam sauce (page 61).

Ground Rice or Arrowroot may be made into a blancmange in the same way, using any flavouring essence in place of bay leaves.

CREAMED RICE PUDDING.

For 4 persons.
Time—1½ hours.

(*Pouding de Riz à la Crème.*)

2 ozs. of Carolina rice ; 1 pint of milk ; 2 ozs. sugar ; a pinch of salt ; the peel of ½ a lemon ; 1 oz. each of glacé cherries and angelica.

Wash the rice well and soak it in the milk for about 1 hour. Put it into a double saucepan or a pan standing in a larger pan containing boiling water. Add the salt and a thinly peeled strip of lemon rind, and cook very gently over low heat, stirring occasionally until the rice is soft and has absorbed the milk. Remove the lemon peel and stir in the sugar. Chop some of the cherries and angelica and add them to the rice. Mix well and put it all into a mould which has been rinsed out in cold water. Leave until cold. *To Dish.*—Turn the rice out of the mould, and decorate it with the remainder of the cherries and angelica in some conventional design. *Note.*—If preferred, a tablespoonful of cream or unsweetened condensed milk may be added to the rice before putting it into the mould. This pudding may also be made in small moulds, if desired, and may be served with stewed or bottled fruit in place of using the cherries and angelica.

DEVONSHIRE JUNKET.

For 4 or 5 persons.
Time—5 minutes to warm the milk.

(*Junket à la Devonshire.*)

1 quart of milk ; 1 oz. of castor sugar ; clotted cream ; 2 teaspoonsful of essence of rennet ; ¼ teaspoonful of grated cinnamon ; 1 tablespoonful of brandy or rum.

Warm the milk to the temperature of new milk (between 70° and 80° Fahrenheit.) Put it into a china bowl or large glass dish and stir in the rennet and sugar. Add the brandy or rum, stir once or twice and leave it in a warm room until set. Spread some clotted cream over the top, and sprinkle over the cream some grated nutmeg or powdered cinnamon. *To Dish.*—Serve in the bowl or dish in which it was made. *Note.*—The clotted cream may be omitted.

Brandy may be handed separately, if desired. Vanilla or any other essence may be added instead of the cinnamon or grated nutmeg.

Coffee Junket is made in the same way, using ½ gill less milk and replacing it with ½ gill of strong coffee or 1 teaspoonful of coffee essence.

GOOSEBERRY FOOL (PLATE 1). *For 4 or 5 persons.*
(*Purée aux Groseilles Vertes.*) *Time*—20 *minutes.*

2 lbs. of gooseberries ; 1 gill of water ; ½ lb. of sugar ; ½ pint of cream or custard.

Wash the gooseberries, put them into a pan with water and sugar and bring to the boil. Simmer until soft, then rub them through a hair sieve, and cool. Stir in the cream or custard and leave in a cold place to set. *To Dish.*—Serve in a glass dish or in custard cups. If liked, the cream may be omitted when making the fool, in which case it should be whipped and piled on top of the fruit when dished.

Note.—Any fruit such as blackberries alone or with apples ; black currants, red currants, alone or with raspberries, tinned apricots, and peaches all make excellent fool if cooked in this manner. Cream is better than custard with strawberries and raspberries ; these should be hulled and sprinkled with sugar overnight and rubbed through a hair sieve without cooking.

GREEN CAPS. *For 6 persons.*
(*Pommes Meringues.*) *Time*—20 *minutes.*

6 large green codlings ; whites of 4 eggs ; 1 gill of water ; 3 ozs. castor sugar ; ½ pint custard ; 10 drops vanilla essence ; 3 glacé cherries.

Peel the apples and remove the cores carefully without breaking them. Put them on a baking tin with 1 gill of water, cover with greased paper and bake in a moderate oven until soft but not broken. Remove from the oven and cool. Whisk the whites of the eggs to a very stiff froth, add the vanilla essence and a tablespoonful of the sugar, and coat the apples with this meringue. Sift the rest of the sugar over them until they look as if they have been frosted, and put them in a moderate oven for a few minutes. *To Dish.*—Arrange them in a glass dish, pour the custard round and put half a glacé cherry on the top of each apple.

Meringued Pears may be made in the same way.

BANANA CHARTREUSE. *For 4 or 5 persons.*
(*Chartreuse aux Bananes.*) *Time*—10 *minutes to melt the gelatine.*

½ pint of cream ; 2 ozs. of sugar ; ½ oz. of gelatine ; 1 gill of clear jelly ; ½ pint of banana purée ; 1 gill of water ; 1 oz. of pistachio nuts ; 2 bananas.

Line a plain Charlotte mould with jelly, cut the 2 bananas into thin rounds and line the bottom of the mould with these rounds. Chop and blanch the pistachio nuts finely and sprinkle the spaces

between the rounds with the nuts. Pour a little jelly over the decorations very carefully with a spoon and let this set, then decorate the sides of the moulds with the banana rounds and pistachio nuts in any pattern desired. Set the decorations with a little clear jelly. Rub sufficient bananas through a hair sieve to make ½ pint of purée. Dissolve the gelatine and the sugar in the water, and strain them into the purée. Whip the cream and add lightly. When cold, fill the prepared mould with the mixture. Leave it in a cold place or on ice until set. *To Dish.*—Turn out the mould on to a glass or china dish and garnish with a little chopped jelly.

AN INEXPENSIVE BLANCMANGE. *For 5 or 6 persons.*
(*Blancmange à la Bourgeoise.*) *Time*—15 *minutes.*

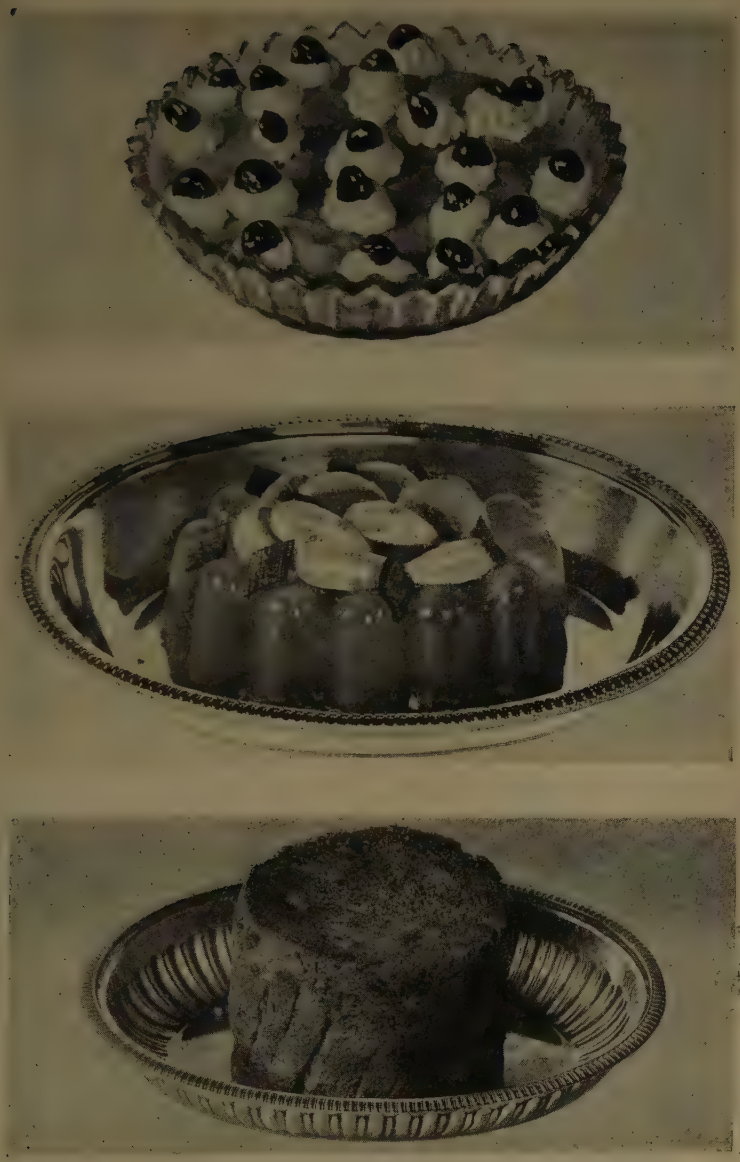
1 quart of milk ; 4 ozs. of castor sugar ; 1 stick of cinnamon ; 1 oz. of gelatine ; 1 lemon ; ½ teaspoonful of vanilla essence ; ½ gill of boiling water.

Melt the gelatine in ½ gill of water. Grate the lemon rind on to the sugar and mix them well. Put the milk, sugar and cinnamon into a pan and bring to the boil. Strain in the gelatine. Remove the cinnamon. Pour all into a basin and stir often until nearly cold. Add the vanilla. Rinse out a mould in cold water and put the mixture into it. Leave in a cold place to set. *To Dish.*—Turn the mould out on to a glass dish and serve with a compôte of fruit or with cream.

CHARLOTTE RUSSE (PLATE 32). *For 4 or 5 persons.*
(*Charlotte Russe.*) *Time*—10 *minutes to melt the gelatine.*

½ pint of cream ; ½ oz. of gelatine ; ½ gill of sherry ; 15 drops of vanilla essence ; 1 gill of water ; 1 oz. of castor sugar ; Savoy finger biscuits ; glacé cherries and angelica ; 1 tablespoonful of brandy ; clear jelly ; the white of an egg.

A plain round soufflé tin, which will hold about 1 pint is required for this. Rinse the soufflé tin out in cold water and pour in a layer of jelly. Let this set, then decorate the mould with glacé cherries and angelica in any design liked. Pour in a little more jelly with a spoon to set the decorations. Cut the ends off the Savoy biscuits, making them all the same length and just long enough to reach from the jelly to the top of the mould. Trim the sides with a sharp knife to make them quite straight, then arrange the biscuits right round the mould, with the outside of the biscuit against the tin. Melt the gelatine and the sugar in the gill of water. Whip up the cream and when the gelatine has cooled strain it into the cream. Mix well and add the brandy, vanilla essence and sherry. Whip up the white of the egg to a stiff froth and stir it lightly to the mixture. When all is quite cold and nearly setting, put it into the prepared mould and leave it in a cold place to set. *To Dish.*—Turn it out on to a glass dish and surround with a border of chopped jelly. *Note.*—Almost any cream mixture to which gelatine has been added may



TRIFLE. (*See page* 274.) ORANGE JELLY. (*See page* 277.)
BROWN BETTY PUDDING. (*See page* 252.)







CASTLE PUDDINGS. (See page 257.) CHRISTMAS PUDDING (See page 255.)
MINCE PIES. (See page 246.)

be used for filling a Charlotte russe tin prepared in the foregoing manner. Coffee, pineapple, vanilla, ginger, chocolate, strawberry, raspberry, blackberry and loganberry creams are all equally suitable for this purpose. The top of the mould may be decorated as desired with the clear jelly, or in place of decorating it with jelly, some whipped cream may be forced over the top after turning out the mould, or it may be decorated with crystallised fruits. A very excellent Charlotte russe mixture may be made with chestnut cream, the top being decorated with marrons glacés, or the sides of the mould may be ornamented with pink and white biscuits, placed round the tin alternately, the centre being filled with apricot or vanilla cream. When turned out, decorate the top with crystallised fruits. Sometimes, after a Charlotte russe is turned out, a piece of ribbon is tied round the biscuits.

HONEYCOMB MOULD.

(Mousse à la Crème.)

For 4 or 5 persons.
Time—20 minutes.

1½ pints of milk ; 1 oz. of gelatine ; ½ gill of water ; 2 bay leaves ; 1½ ozs. of castor sugar ; 4 eggs ; peel of 1 lemon.

Boil the milk with the bay leaves. Beat up the yolks of the eggs with the sugar, pour in the strained hot milk, stirring well, then return all to the pan and stir over a low heat until the mixture thickens. Pour it into a basin to cool. Melt the gelatine in the water, strain it into the custard, add the grated lemon rind, and stir often until nearly cold. Whip up the whites of the eggs to a stiff froth and stir them lightly to the mixture. Put it into a mould rinsed out in cold water and leave it in a cold place to set. *To Dish.*—Turn the mould out on to a glass dish.

LEMON SPONGE.

(Mousse aux Citrons.)

For 3 or 4 persons.
Time—About 10 minutes.

1 oz. of gelatine ; the peel of 2 lemons ; 1 gill of lemon juice ; 4 ozs. of loaf sugar 1½ pints of water ; the whites of 3 eggs.

Wipe two lemons with a damp cloth and peel off the rind as thinly as possible. Put it into a pan with the gelatine, sugar and water, and dissolve them slowly over the fire. Strain into a basin and cool a little. Add a gill of strained lemon juice and when cold add the slightly beaten whites of the eggs and whisk all until white and frothy and beginning to stiffen. Put the mixture into a mould rinsed out in cold water, and leave in a cold place until set. *To Dish.*—Turn out into a glass dish. *Note.*—Half this mixture may be coloured pink with carmine or cochineal, in which case alternate layers of pink and white sponge are put in the mould. Instead of the mould this sponge may be whisked until rocky, piled on a glass dish and decorated with glacé cherries or angelica.

ORANGE SPONGE.

(*Mousse aux Oranges.*)

Make this in the same way as lemon sponge, using half orange and half lemon juice.

MALVERN PUDDING. *For 4 or 5 persons.*

(*Pouding à la Malvern.*) *Time*—10 *to* 12 *minutes.*

Stale bread; 3 ozs. of sugar; 1 pint of red currants; ½ pint of raspberries; 1 gill of whipped cream.

Dip a pudding basin into cold water, then line it with rounds of stale bread, from which the crusts have been removed. Remove the stalks from the currants and raspberries and stew them with the sugar for 10 to 15 minutes. Pour these into the basin, cover with more bread, put a plate with a weight over it on the pudding and leave it in a cold place until the next day. *To Dish.*—Turn it out very carefully and cover it with whipped cream. *Note.*—This pudding may be made with any kind of cooked fruit in season, but the fruit must be poured hot into the lined mould. The cream may be omitted if a plainer pudding is desired, and custard sauce may be handed or poured round.

PEARS A LA DUCHESSE. *For 5 or 6 persons.*

(*Poires à la Duchesse.*) *Time*—40 *to* 45 *minutes.*

6 pears; cochineal; 4 ozs. of sugar; about 10 drops of vanilla essence; 6 cloves; 1 gill of water; 1 gill of cream.

Peel and core the pears without breaking them. Put the sugar and water into a pan. Stir until the sugar has melted, then bring to the boil and put in the pears. Put a clove in the inside of each pear, cover the pan and simmer very gently until the pears are soft, 30 to 40 minutes. When soft, but not broken, lift the pears out carefully with a perforated spoon, and put them on a hair sieve to strain. Boil up the syrup until thick, then colour it with cochineal. *To Dish.*—Remove the cloves from the pears. Dish neatly on a glass dish. Put a little cochineal on a saucer and with a clean brush paint the pears over with the colour. Whip up the cream, sweeten to taste and flavour with vanilla. Put it into a forcing bag and force it into the centre of each pear, piling it up so that it shows on the outside of the pear. Pour the syrup round.

Apples may be cooked in the same manner.

PRUNE MOULD. *For 6 persons.*

(*Mousse aux Prunes.*) *Time*—½ *hour.*

¾ lb. of prunes; 1 oz. of gelatine; ¾ pint of water; 1 wineglassful of claret; 1 lemon; ¾ lb. of sugar; 1 teaspoonful of cinnamon.

Wash the prunes and soak them overnight in the water. Put them into a pan in the water in which they were soaked with the

cinnamon, sugar, and grated rind of the lemon, and stew until tender. Remove the stones. Dissolve the gelatine in 1 gill of the prune syrup and strain it into the prunes with the lemon juice, claret, and the rest of the syrup from the prunes. When cold, put the mixture into a mould rinsed out in cold water and leave it in a cold place to set. *To Dish.*—Turn it out on to a glass dish and, if desired, pile a little whipped cream on and round the mould. *Note.*—This looks well if made in a border mould with the cream served in the centre.

RICE AND PEARS.

(*Poires au Riz.*)

For 5 or 6 persons.
Time—1½ *hours.*

1 breakfastcupful of rice; 1 pint milk; 3 ozs. castor sugar; 1 oz. of butter or margarine; 1 gill water; 2 eggs; 6 pears; ¼ teaspoonful ground cinnamon or grated nutmeg; cochineal.

Wash the rice in two or three waters and put it in a double pan with the milk, and cook until tender. Should the milk become absorbed before the rice is tender, add a little more. Add the cinnamon or nutmeg and 1 oz. of the sugar, and let the rice cool. Beat up the eggs and stir them into the rice. Put it into a greased mould or basin, cover with greased paper and steam for 1 hour. Peel the pears, cut them in halves and remove the cores and put them into a casserole with the butter, 2 ozs. of the sugar, and the water. Cover the casserole and cook either in a moderate oven or over low heat until the pears are tender but not broken. Remove the pears from the casserole and leave them to become cold, then paint them over with cochineal. Boil up the syrup until thick and colour it with cochineal. *To Dish.*—When the rice is cold turn it out on to a glass dish and arrange the pears round it. Pour the syrup round.

STRAWBERRY SHORT CAKE.

(*Gâteau aux Fraises.*)

For 5 or 6 persons.
Time—15 *to* 20 *minutes.*

½ lb. of flour; 2 ozs. of butter; yolks of 2 eggs and the whites of 3; a teaspoonful of baking powder; 1 lb. of strawberries; 8 to 10 drops of vanilla essence; and pinch of salt; ½ lb. of castor sugar; rather less than 1 gill of milk.

Sieve the flour, salt and baking powder on to a piece of paper. Beat the butter and half the sugar to a cream, add the yolks of 2 eggs one by one, beating each in well, then stir in the flour and milk alternately, adding sufficient milk to make a soft dough. Turn this into two round or oblong tins which have been greased and lined with greased paper, and bake immediately in a quick oven for about 15 minutes or until well risen and firm to the touch. When cooked, turn the cakes on to a sieve or wire tray, remove the paper and allow them to become cold. Remove the stalks from the strawberries and

put half of them on the top of one cake, sprinkle over a little castor sugar. Whip the whites of the 3 eggs to a very stiff froth, add 2 ozs. of the sugar and vanilla essence, put a thin layer of white of egg meringue on the strawberries and press the other cake on the top. Cover the top of the second cake with more strawberries, sprinkle with more sugar, then pile the meringue high over the top. Sift castor sugar over and put the cake in the oven for a minute or two just to set the meringue. Remove from the oven and decorate with a few whole strawberries kept back for the purpose. *Note.*—This should be eaten as soon as possible after the strawberries and meringue are put on to it. Whipped cream, sweetened to taste and flavoured with vanilla, may be used in place of white of egg for this cake. This may be made with raspberries or loganberries, bottled apricots or peaches in place of strawberries.

TIPSY CAKE.

For 4 or 5 persons.

(*Savarin.*)

Time—1 *to 2 hours to soak the cake.*

1 large stale sponge cake; 3 ozs. of sweet almonds; 1 pint of custard; 1 glass of sherry or raisin wine; apricot or strawberry jam; juice of ½ a lemon.

Cut the sponge cake into thick slices without destroying the shape. Spread jam over each slice and then put them back into their original shape. Place the whole in a glass dish. Mix the wine with the juice of ½ a lemon and pour it over the sponge cake with a spoon, and leave it to soak for 1 to 2 hours. Blanch and shred the almonds into long thin pieces and stick these all over the cake. Pour custard round.

Trifle is made by putting the slices of cake flat in the dish. Add ratafias and macaroons, soak in the wine, coat with jam and custard. Pile whipped cream on the top. Decorate with glacé cherries and angelica or almonds. (PLATE 29).

CREAMS AND SOUFFLÉ.

WHIPPED CREAM.

(*Crème Fouettée.*)

½ pint of cream; castor sugar; vanilla essence.

Put the cream into a basin and beat it up with a whisk or fork until it thickens. As the cream begins to thicken, the beating must be done very slowly, as if over-beaten it turns into butter. When thick enough to adhere to the whisk, add one or two teaspoonsful of castor sugar and about 8 to 10 drops of vanilla essence. This may then be used as desired.

Cream Chantilly is made in the same way, stirring in the stiffly whipped whites of 1 or 2 eggs to the whipped cream.

COLD CHOCOLATE SOUFFLÉ.

For 3 or 4 persons.

(*Soufflé au Chocolat.*)

Time—10 *minutes.*

¼ lb. of chocolate; the whites of 2 eggs; 1 gill of cream; ½ gill of water; 15 drops of vanilla essence; 1 gill of milk; 1 oz. of castor sugar; ½ oz. of gelatine; pistachio nuts.

Grate the chocolate and put it into a small saucepan with the milk and sugar. Stir over low heat until the chocolate is dissolved and has become quite smooth. Melt the gelatine in ½ gill of water and strain it into the chocolate, add the vanilla essence, and let this become cool. Whisk the cream and the whites of eggs separately. Stir them lightly into the chocolate mixture, pour all into a china soufflé dish, round the outside of which a band of stiff paper has been pinned, reaching 2 or 3 inches above the top of the dish. Leave it in a cold place until set. *To Dish.*—Remove the band of paper carefully and sprinkle chopped pistachio nuts over the top of the soufflé. Place the soufflé mould on a lace paper on a glass dish.

Chocolate Cream is made in the same manner, but the yolks of the eggs are made into a custard with the milk and chocolate, prepared as above.

LOGANBERRY CREAM.

For 4 or 5 persons.

(*Crème aux Loganberries.*)

Time—10 *minutes to melt the gelatine.*

½ pint of loganberry purée; 1 gill of water; a squeeze of lemon juice; carmine; 4 ozs. of castor sugar; ½ pint of double cream; 1 oz. of gelatine.

Remove the stalks from about a pound of loganberries and rub them through a hair sieve. Measure the purée, and if not the required amount add a few more sieved loganberries. Melt the gelatine and sugar in the water and strain them into the loganberry purée. Add a squeeze of lemon juice and a few drops of carmine or cochineal. Whip up the cream and stir it lightly into the mixture. When nearly setting, pour this into a mould rinsed out with cold water and put it into a cold place to set. *To Dish.*—Put a lace paper on a glass or china dish and turn the cream on to it. Decorate with fresh loganberries and maidenhair fern. *Note.*—This may be made in small moulds, or the mould may be decorated with clear jelly before putting in the cream. It may then be decorated with chopped pistachio nuts or whole loganberries, and the decorations set with a spoonful of jelly (page 267).

Strawberries, Black or Red Currants, Blackberries or Blackberries and Apples or Raspberries may be made into a cream in the same manner, using less sugar for the sweeter fruits. (PLATE 1).

JELLIES.

LEMON JELLY. *For about 5 or 6 persons.*
(*Gelée aux Citrons.*) *Time—About 1 hour.*

The rind of 4 lemons; ½ pint of lemon juice; 1½ pints of cold water; 2 ozs. of gelatine; 1 inch of stick cinnamon; ½ lb. of loaf sugar; the whites and shells of 2 eggs; 2 cloves.

Put the water, sugar, gelatine, cloves and cinnamon into a very clean saucepan. Wipe the lemons and peel off the rind very thinly, taking care not to use any of the white pith, and add this to the water. Squeeze out ½ pint of lemon juice, strain this into the pan, slightly whisk the whites of the eggs and wash and crush the shells and add. Whisk the jelly over the fire until it is just on boiling point, remove the whisk and boil up to the top of the saucepan. Draw the pan gently to the side of the fire, cover it with the lid and leave for about 10 minutes, then strain it through a jelly bag or through a clean teacloth tied on to the legs of an inverted chair (directions for straining jellies, page 266). *To Dish.*—Put the jelly into a wetted mould and leave in a cold place. Turn out when set. *Note.*—All jellies are made in this manner, the whites and shells of the eggs being added to clear them. Wine may be added, the jelly taking its name from the wine used such as claret jelly and so on. ½ pint of wine should be used with ½ pint of water.

APPLE JELLY. (Plate 32). *For 4 or 5 persons.*
(*Gelée aux Pommes.*) *Time—About 1 hour.*

2 lbs. of apples; 1 lemon; 4 ozs. of sugar; 1 oz. of gelatine; ½ pint of water; a few drops of carmine or cochineal.

Wash the apples, cut them into pieces without peeling or coring them, and put them into an aluminium or enamel saucepan, with the water, the very thinly peeled rind of the lemon and the sugar. Bring slowly to the boil and simmer very gently until the apples form a pulp. Rub them through a hair sieve. Measure and if the quantity does not make a pint, make it up with more water. Dissolve the gelatine in about ½ a gill of water and strain it into the apple purée. Add the cochineal or carmine to give a faint pink tinge to the apples, and when they are cold put them into a mould rinsed out in cold water, and leave it in a cold place to set. *To Dish.*—Turn the mould out on to a glass dish and serve with cream or custard. The mould may be decorated with walnuts, blanched and shredded almonds, chopped pistachio nuts or crystallised rose petals. *Note.*—Another method of decoration is to colour one portion of the mixture deep pink and the other portion green. Put a layer of the pink portion in a mould previously rinsed out in cold water, and when this has quite set, add a layer of the green jelly. Let this set and cover again with another layer of pink. Each layer must be set before adding the next. The mould must be turned out very carefully. The mixture can also be placed in

small moulds instead of one large one, or in a border mould. If made in a border mould, when turned out, the centre should be filled with whipped cream.

Rhubarb Jelly may be made in the same way, using rhubarb in place of apples.

ORANGE JELLY. (PLATE 29). *For 4 or 5 persons.*
(*Gelée aux Oranges.*) *Time—About 20 minutes.*

4 or 5 oranges; 1 lemon; ¼ pint of water; whipped cream; 1 oz. of gelatine; 4 ozs. of loaf sugar.

Wipe the oranges and lemon with a cloth. Then peel off the rind as thinly as possible without taking any of the white pith. Put the rind into a saucepan with the gelatine, loaf sugar, and water. Stir this over the fire until the gelatine is melted, then simmer gently for 10 minutes. Skim and strain. Squeeze out the juice from the oranges and the lemon, and strain it into the gelantine mixture. Should the orange juice not measure ½ pint, more oranges must be used. Stir often and when cold pour the jelly into a mould rinsed out in cold water, and leave it in a cold place until set. *To Dish.*—Turn the jelly out on to a glass or silver dish and garnish with whipped cream. *Note.*—The jelly may be set in a border mould and when turned out the centre should be filled with whipped cream. The cream may be decorated with almonds, pistachio nuts or glacé cherries. Another method of serving the orange jelly is to set it in the cups of orange peel. Notch the edges of each half of the orange peel with a knife or a pair of scissors, and pour the jelly into them. The jelly is served in the orange cups. A handle of angelica can be arranged over the orange cups, if desired.

FRUIT COMPÔTES.

APPLES IN SYRUP. *For 6 persons.*
(*Pommes en Sirop.*) *Time—About 30 to 40 minutes to stew.*

6 apples; 4 ozs. of sugar; red currant jelly; 1 gill of water; cochineal or carmine; 1 lemon or a few cloves.

Peel and core the apples without breaking them. Put the sugar and water into a pan, stir until the sugar has melted; then boil fast to a syrup. Remove any scum and put in the apples with the finely peeled rind of the lemon or one clove in the centre of each apple. Cover the pan and simmer very gently until the apples are tender, but not broken. Cool them a little. *To Dish.*—Take out the apples and put them on a glass or compôte dish. Remove the lemon rind from the syrup and boil it up. Colour with cochineal or carmine and pour it round the apples. Fill the centre of the apples with the red currant jelly. *Note.*—If cloves be used they must be removed from the apples after cooking them.

Pears, Quinces, Apricots, Peaches and any stone fruit may be cooked in this manner. The cloves may be omitted, and any flavouring essence, wine or liqueurs added.

STEWED PRUNES.

(*Compôte de Prunes.*)

For 4 or 5 persons.
Time—¾ hour.

1 lb. of prunes; 4 ozs. of Demerara or granulated sugar; ½ a lemon; 1 pint of water.

Wash the prunes well and soak them in the water overnight. Put them into a saucepan in the water in which they were soaked. Add the thinly peeled rind and the strained juice of half a lemon and the sugar. Bring to the boil, then simmer very gently until the prunes are soft. Leave until cold. *To Dish.*—Put the prunes into a compôte dish and serve with cream or custard, cornflour or rice blancmange. *Note.*—The prunes may be cooked in a covered jar in the oven, and may be flavoured with cinnamon or cloves, or when a more elaborate dish is desired, a little claret or port may be added to them.

FRUIT SALADS.

Almost any kind of fruit may be used for making salads, or several kinds mixed. In winter, when fresh fruit is difficult to obtain, bottled or tinned fruit may be used, and dried fruit may also be made into fruit salads. The fruit must be prepared as for cooking, *i.e.*, stones should be removed from stone fruit; apples, pears, bananas should be peeled, cored and cut into slices; cherries are stalked and sometimes stoned; fresh peaches or apricots are skinned and stoned; strawberries and raspberries are hulled, and the stalks removed from currants. Grapes are sometimes served whole in fruit salads, while at other times they are skinned and the stones removed. Different coloured fruits should be mixed judiciously, and, where colourless fruit is made into a salad it may be garnished with pistachio nuts, glacé cherries or any crystallised fruits. The syrup for fruit salad is made of sugar and water, boiled to a syrup, to which is added red or white wine, brandy, rum, gin or any liqueur preferred. Fruit salad may be served in a salad bowl, or in small glass or china individual bowls, custard cups or wine glasses. It should be eaten very cold.

ORANGE SALAD.

(*Salade d'Oranges.*)

For 4 or 5 persons.
Time—2 hours to stand.

6 oranges; 4 ozs. of castor sugar.

Peel the oranges and remove all the white pith and cut them into thin slices with a very sharp knife. Take out the pips and arrange the slices in a compôte dish. Dredge with sugar and leave the salad in a very cold place. *To Dish.*—Send to table in the dish in which it was made. Bananas may be added to the oranges if desired.

STRAWBERRY SALAD.

For 4 persons.

(*Salade de Fraises.*) *Time*—1½ *hours.*

1 lb. of strawberries; 4 ozs. castor sugar; 1 gill of orange juice; cream.

Hull the strawberries, sprinkle the sugar over and leave for ½ hour. Strain the orange juice over and put all into small tumblers or custard cups. Leave in a cold place for 1 hour. Put a spoonful of whipped cream, sweetened and flavoured to taste, on the top of each cup. *Note.*—Any fruit juice, such as red currant or raspberry may be used in place of orange juice and maraschino, kirsch or rum may be used for flavouring the salad. Raspberries may be used in place of strawberries, and bananas will mix with either.

SUMMER FRUIT SALAD. (Plate 1).

For 5 or 6 persons.

(*Salade de Fruits d'Été.*) *Time*—10 *minutes.*

½ pint of strawberries; ½ pint of white currants; 1 oz. of chopped almonds; 1 glass of red wine: ½ pint of raspberries; ½ pint of cherries; 4 ozs. loaf sugar; 1 dessertspoonful of brandy; ½ pint of red currants; 3 bananas; 1 gill of water.

Prepare the fruit as for cooking and put it into a salad bowl. Mix well together. Put the sugar and water into a pan and boil it until it forms a thick syrup, then add the wine and brandy and pour it in spoonsful over the fruit. Leave it in a cold place to become thoroughly cold. If desired, whipped cream and biscuits may be served with this. *To Dish.*—Serve in the bowl in which the salad was mixed. *Note.*—The cherries may be stoned, if desired.

WINTER FRUIT SALAD.

For 5 or 6 persons.

(*Salade de Fruits d'Hiver.*) *Time*—10 *minutes to boil the syrup.*

½ lb. of grapes (black, white or mixed); 1 oz. of walnuts (weighed after shelling); 1 gill of fruit syrup; 3 bananas; 2 oranges; glacé cherries; 4 ozs. of sugar; 1 lemon; 1 apple; 2 slices of tinned pineapple; 1 gill of water; 2 tablespoonsful of sherry.

Wipe the grapes, peel and slice the bananas, peel, core and slice the apple, remove the skin and all white pith from the oranges and divide them into their natural sections. Remove the eyes from the pineapple and cut the fruit into small dice. Strain off from the pineapple a gill of the syrup. Chop the walnuts finely and cut the cherries into quarters. Mix all the fruits together in a bowl. Put the sugar, water and the pineapple syrup into a pan. Stir until the sugar has melted, and then boil fast for a few minutes. Add the strained lemon juice and the sherry and boil up again. Put this with a spoon over the fruit salad and allow it to become cold. *To Dish.*—Put the salad into a glass or compôte dish. Sprinkle the chopped walnuts over, and serve with cream and biscuits or sponge fingers.

SAVOURIES

General Remarks—Recipes.

Savouries are served after the sweets at the end of a dinner and add greatly to its success, as many people prefer the piquancy of a savoury to sweet dishes. Savouries may be served either hot or cold and may be made of almost any ingredients. They should, however, be kept as small and light as possible, as a substantial dish should never finish a dinner. Care should be taken when compiling the ménu not to include a savoury which is composed of ingredients which form one of the other courses of a dinner. For example, if oysters figure as an hors d'œuvre or in the fish course, an oyster savoury should not be given.

The remains of all sorts of ingredients may be used up in making savouries, provided they are sufficiently piquant in flavour. Savouries should be prettily garnished and very daintily served. A variety of very small moulds is obtainable in which savouries can be made which add greatly to their appearance when dishing. Savouries are always dished on small croûtons, in little bread or pastry cases, or in small china or paper ramekin cases. They are sometimes served on biscuits or on little biscuits made of cheese pastry. See Hors d'œuvres (page 89).

CHEESE STRAWS. *For 6 persons.*
(*Pailles au Parmesan.*) *Time—About 15 minutes.*

4 ozs. of flour; 3 ozs. of grated cheese; salt, if necessary; a little cold water (about a tablespoonful); 2 ozs. of butter; cayenne; the yolk of 1 egg.

Sift the flour, salt and cayenne. Rub in the butter, add gradually the grated cheese and the beaten yolk of the egg, mixed with a tablespoonful of water, mixing all to a stiff paste. Knead it slightly and roll out on a floured board. Cut it into strips about 3 inches long and ¼ of an inch thick. Cut out some rings of pastry, and put both the rings and strips on to a greased baking tin and bake in a rather slow oven until quite crisp and just beginning to turn a pale brown. *To Dish.*—Lift the straws very carefully and put them through the rings. Serve them in bundles on a lace paper on a hot dish. *Note.*—These may be eaten cold, if desired, and they will keep for some time in a tin with a well-fitting lid. They are very short and break very easily, therefore care must be taken when handling them after they are cooked. Parmesan cheese is the best to use for these, but any dry well flavoured cheese may be substi-

tuted. Care must be taken when adding salt, in case the cheese is already very salt; but savouries are always highly seasoned.

Cheese Allumettes or Matches are made of this pastry, but are cut the size of a match and consequently take a shorter time to cook.

Anchovy Straws are made in this manner, adding a teaspoonful of anchovy essence and a few drops of cochineal in place of cheese. This anchovy pastry may also be used for lining small moulds, thus forming cases for small savouries. (PLATE 33).

CROÛTES OF FINNAN HADDOCK.

For 6 persons.

(*Croûtes de Merluche Fumée.*) *Time*—10 *minutes.*

½ lb. of smoked haddock; 1 oz. of margarine; about a tablespoonful of milk or cream; 6 small round croûtons of fried bread; 3 anchovies; 1 hard-boiled egg. cayenne and pepper; 1 teaspoonful of lemon juice; 1 lemon.

Either cooked or uncooked haddock may be used for this. If uncooked, dip the fish into boiling water, remove the skin and bone. Skin the anchovies and bone them also. Chop them lightly. Flake the flesh of the haddock and pound them both in a mortar with the margarine. Season well and rub the mixture through a wire sieve; add the milk and lemon juice. Make this hot, but do not let it boil, then pile it on to the croûtons of bread. Rub the yolk of a hard-boiled egg through a sieve and sprinkle this over the top of the croûtons. *To Dish.*—Arrange the croûtons on a d'oyley on a hot dish. Garnish the dish with cut lemon and serve immediately. *Note.*—Any dried or smoked fish may be used in this manner.

DEVILLED HAM.

For 6 persons.

(*Jambon à la Diable.*) *Time*—5 *to* 10 *minutes.*

3 ozs. of ham; 1 gherkin; croûtons of fried bread; 1 or 2 tablespoonsful of curry sauce (page 51); parsley; 1 teaspoonful of anchovy essence; salt, cayenne and pepper.

Mince the ham, mix it with the chopped gherkin, anchovy essence and curry sauce, and make hot. Season well. Have ready some croûtons of fried bread or toast and pile the mixture thickly on each. Return to the oven for two or three minutes to heat through. *To Dish.*—Place on a paper on a hot dish and garnish with parsley. *Note.*—Tongue or corned beef may be used in place of ham.

HERRING ROES ON TOAST.

For 6 persons.

(*Croûtes de Laitance de Hareng.*) *Time*—10 *minutes.*

About 6 soft herring roes; salt, pepper; squeeze of lemon juice; 6 fingers of buttered toast; 1½ ozs. of margarine; parsley.

Wash the roes, dry them and cut them in halves. Make the margarine hot in a pan, put in the roe and fry lightly. Season well with salt, pepper and lemon juice and place on fingers of buttered toast. Put them into the oven for two or three minutes or under

the griller. *To Dish.*—Put the toast on a paper d'oyley on a hot dish and garnish with parsley. *Note.*—Hard roes may be cooked in this manner, but they should be pounded or chopped and mixed with a little cream or some rather thick savoury sauce. The mixture may then be spread on croûtes of fried bread or hot buttered toast.

SARDINE CROÛTONS. *For 6 persons.*
(*Croûtes de Sardines.*) *Time—About 10 minutes.*

4 sardines; ½ oz. of butter or margarine; cayenne; 6 croûtons of fried bread; 2 tablespoonsful of milk; 1 teaspoonful of anchovy essence; salt and pepper; yolk of an egg; parsley.

Remove the skin and bone from the sardines and chop the flesh finely. Melt the margarine in a pan, add the sardines and the beaten yolk of the egg, the anchovy essence and 2 tablespoonsful of milk. Season well and stir over low heat until the mixture begins to thicken; then draw the pan to the side of the fire. Pile the mixture on croûtons of bread. *To Dish.*—Arrange the croûtons on a d'oyley on a hot dish and garnish with parsley.

FRIED SARDINES. *For 6 persons.*
(*Sardines Frites.*) *Time—10 minutes.*

6 sardines; 2 or 3 plain biscuits; 1 lemon; egg or milk; 6 fingers of fried bread; frying fat.

Drain the sardines from their oil, brush them over with egg or milk. Crush the biscuits and rub them through a sieve. Roll the sardines in the biscuit crumbs. Have ready some hot fat and when a faint blue smoke begins to rise, put the sardines into a frying basket, and lower it gently into the fat. Fry pale brown. Drain well on soft paper and arrange one sardine on each croûte of bread. *To Dish.*—Arrange the croûtes on a d'oyley on a hot dish and garnish with thin slices of lemon.

IDEAS FOR VARIOUS SAVOURIES.

The following make excellent savouries, which take their name from the mixture with which they are filled. They should be highly seasoned, and kept as small as possible.

Line small boat-shaped or oval or round moulds with thinly rolled out short crust or cheese pastry, (pages 237 and 280). Bake these and then fill them with various savoury mixtures such as cooked oysters, shrimps, lobster or crab, or any kind of cooked fish mixed with a suitable sauce.

Other Fillings. Stewed prunes, cold cooked game or chicken, veal, cooked peas, French beans, mushrooms, or a macédoine of vegetables mixed with a mayonnaise dressing or a hot savoury sauce.

COLD SAVOURIES.

COLD CHEESE CREAMS. (PLATE 33). *For* 6 *persons.*
(*Crèmes au Fromage.*) *Time*—10 *minutes to melt the gelatine.*

1½ ozs. each of Parmesan and Roquefort cheese; 1 or 2 sheets of gelatine; chopped parsley; 1 gill of aspic jelly; 1 gill of cream; mustard, salt and cayenne.

Melt one or two sheets of gelatine in a tablespoonful of water. Just melt the aspic jelly and strain the gelatine into it. Grate the cheese and whip the cream. Mix the mustard gradually with a little of the aspic and add it to the remainder of the aspic. Whip until frothy. Stir the cheese into the whipped cream and last of all stir in the whipped aspic. Season well and put the mixture into little china or paper soufflé cases, round each of which a band of stiff paper has been fastened, reaching two or three inches above the case. Put these in a very cool place or on ice, to set. *To Dish.*—Remove the paper bands carefully from the cases and place these on a lace paper on a silver dish. Sprinkle with a little chopped parsley.

DEVILLED CHESTNUTS. *For* 6 *persons.*
(*Narrons à la Diable.*) *Time*—½ *hour to boil the chestnuts,* 8 *minutes to fry.*

2 doz. chestnuts; 2 tablespoonsful of oil or butter for frying; salt, cayenne.

Boil the chestnuts (see page 233). Remove both skins and fry. Drain well. Have ready the salt and cayenne mixed. Sprinkle this over the chestnuts, coating them well. Shake off any loose salt and place each nut in a small paper case. *To Dish.*—Arrange the cases neatly on a suitable dish or place two or three on individual plates.

DEVILLED PRUNES. *For* 6 *persons.*
(*Prunes à la Diable.*) *Time*—20 *or* 30 *minutes to stew the prunes.*

1½ doz. prunes; 1 lettuce; 1 or 2 tablespoonsful mayonnaise sauce (page 58); 1 dessertspoonful chutney; cayenne; salt and pepper; chopped parsley.

Stew the prunes carefully without breaking. Remove the stones. Mix the mayonnaise, which should be very thick, with the finely chopped chutney. Season highly and fill the prunes with the mixture. *To Dish.*—Arrange the prunes in threes on small cup-shaped lettuce leaves. Sprinkle with parsley.

MOCK CRAB SAVOURY. *For* 6 *persons.*
(*Bonnes Bouches de Crabe Fausse.*) *Time*—10 *minutes to make.*

2 ozs. of grated cheese of any kind; 1 teaspoonful of vinegar or beer; 6 small croûtes of fried bread or toast; 1 teaspoonful of made mustard; pepper and cayenne; 1 teaspoonful of cream; parsley.

Mix the cheese, mustard, vinegar or beer and seasoning, and stir in the cream; mix very well. Pile this on small round croûtons of bread and sprinkle with chopped parsley. *To Dish.*—Arrange the croûtons on a d'oyley on a dish and garnish with parsley.

BREAKFAST AND SUPPER DISHES

EGG DISHES.

RULES FOR MAKING OMELETS.

The omelet pan requires consideration. It should not be too large, and should be made of copper, steel or aluminium.

An omelet pan should be kept specially for the purpose of making omelets, and must be kept scrupulously clean. It should be washed as seldom as possible, but as soon as it has been used should be rubbed with kitchen paper and then with a dry cloth. Should any pieces of egg adhere to the pan, they may be rubbed off with dry salt. If the pan has been washed, or if a new pan be used it must be seasoned before making an omelet. This is done by melting a little butter or fat in the pan, making it hot over the fire and then pouring it away and rubbing the pan out with paper.

The eggs must be fresh and should not be beaten too much—only sufficiently to amalgamate the whites and yolks.

A tablespoonful of water or cream added to two or three eggs will make the omelet lighter.

Fresh butter should be used and must be made hot before cooking the omelet. About an ounce is enough for four eggs, but it is well to use as little butter as possible, or the omelet is inclined to be greasy.

The fire must be bright and clear and not too fierce. It is easier to cook an omelet on a gas or electric stove, as the heat can be regulated better than with a fire.

Have everything ready before mixing and cooking the omelet. The dish must be warmed and any garnishes required prepared beforehand.

The omelet must be served immediately it is cooked, as if it waits at all it becomes tough.

Two or three eggs make an omelet sufficiently large for one or two persons, and it is best to practise with this number until proficiency is acquired.

It is not advisable to make an omelet with more than six eggs at a time unless very expert.

A flexible or palette knife is very useful for loosening the omelet from the pan, and a spoon should also be in readiness with which to stir the omelet directly it is put into the pan.

To shape the omelet, tilt the pan a little and slip a thin-bladed knife round the edge and gradually work the egg mixture from the handle towards the front of the pan, forming the omelet into an oval cushion or half moon. Allow it to brown a little over the fire

and then turn it at once on to a hot dish with the side that was nearest to the pan uppermost.

To turn out an omelet, hold the pan by its handle with the right hand and hold a warm dish, upon which is placed a paper d'oyley, in the left hand. Bring the outer edge of the pan close to the centre of the dish and turn the pan upside down, so that the omelet falls in the centre of the dish. Remove the pan quickly.

PLAIN OMELET. *For 1 or 2 persons.*
(*Omelette au Naturel.*) *Time*—3 *to* 5 *minutes.*

3 eggs; salt, pepper; ½ oz. of butter; 1 teaspoonful of chopped parsley; 1 tablespoonful of water.

Break the eggs into a basin one by one. Beat them up a little and add the parsley, water, salt and pepper. Melt the butter in an omelet pan, and as soon as it is hot pour in the eggs quickly. Stir twice in the centre of the pan, then hold the pan over low heat for the eggs to cook. As the omelet begins to set round the edge of the pan, loosen it slightly with a knife and allow some of the uncooked part to run underneath. As soon as the omelet is set at the bottom, but is yet soft on the top, slip a flexible knife round the side nearest the handle and double the omelet over, working it up gently with the knife. Let it cook for a moment to set any egg that has run out, then, with a knife, loosen the omelet from the pan altogether, then turn it out carefully on to a paper on a hot dish, so that the side that was next to the pan is on the top. The omelet should be slightly crescent-shaped and should be soft and creamy inside with a smooth yellow surface. It must be served immediately it is cooked. Another method of making these omelets is to separate the whites from the yolks of the eggs, beat up the yolks with the parsley, salt and pepper, then whip the whites to a stiff meringue and stir them lightly into the yolks. Melt the butter in an omelet pan, pour the mixture into it as quickly as possible. Stir the mixture round the middle of the pan on the top, not scraping the bottom of the pan until it becomes set. Slip a knife under it and double first one side over, and then the other to the middle. Turn it on to a paper on a hot dish and serve at once. Any cooked minced meat, fish, poultry, game or vegetables may be added to an omelet, placing a spoonful in the centre of the omelet before folding it. Grated cheese or chopped parsley and herbs may be stirred into the eggs before cooking the omelet for cheese and savoury omelets.

BOILED EGGS. *1 or 2 eggs per person.*
(*Œufs à la Coque.*) *Time*—3 *or* 4 *minutes.*

Put the eggs into a saucepan of boiling water, then simmer for 3 or 4 minutes according to taste, as some people like eggs boiled softer than others. Another method of boiling eggs, which

is still better, is to put the eggs into a saucepan of cold water and bring them slowly to the boil. They should boil from half to one minute. Take them out of the water and put them into the egg cups. Serve immediately. *Note.*—Never leave an egg in the water after it is cooked or it becomes hard. To boil eggs hard, let them boil for about 20 minutes and then lift them out of the pan and put them into cold water. Œufs Mollets are eggs boiled for 5 minutes, put into cold water for 10 minutes, then carefully shelled. They may be served coated with any kind of sauce, and served according to any recipe for poached eggs.

BAKED EGGS. *1 or 2 eggs per person.*
(*Œufs sur le Plat.*) *Time—5 minutes.*

Grease a fireproof gratin dish or individual egg pipkins with a little butter or margarine. Break the eggs one by one into a cup and slip them carefully into the dish or pipkin, sprinkle them with salt and pepper and put them into a good oven until set. *To Dish.*—Sprinkle the eggs with chopped parsley and serve them immediately in the gratin dish, or place a pipkin on each plate. "Œufs sur le plat" or baked eggs may be varied by sprinkling the dish with finely chopped parsley, herbs, cooked ham or tongue or corned beef, chopped mushrooms or chives before putting in the eggs. If desired, finely grated cheese may be sprinkled over the eggs after putting them into the dish, a few small pieces of butter or margarine being placed over the top.

FRIED EGGS. *For 1 egg per person.*
(*Œufs frits.*) *Time—4 or 5 minutes.*

1 egg per person; 1 or 2 ozs. of dripping or bacon fat; salt, pepper.

Melt the fat in a shallow frying pan, break the eggs into a cup, and when the fat is hot lower the eggs gently into it one at a time or not more than two at once. Lower the heat under the pan, or draw it to the side of the fire and cook gently until the white of the egg is set. Lift them out with a perforated spoon, drain well and serve on toast or on slices of fried bacon or ham. *To Dish.*—Arrange the eggs and toast on a very hot dish, or preferably put the toast on to the dish before placing the eggs on it. *Note.*—Should the eggs be served with bacon or ham, this is first cooked and arranged neatly on a hot dish. The eggs are then fried in the fat left over from frying the bacon, and dished on the slices of bacon.

POACHED EGGS. *One egg per person.*
(*Œufs pochés.*) *Time—2 or 3 minutes.*

1 pint of water; eggs; 1 tablespoonful of vinegar; salt; parsley.

Put the vinegar, salt and water into a pan, and bring to the boil. Break the eggs carefully into a cup, one by one, and draw the pan



PL. 31.

SWISS ROLLS. (*See page* 316). CHOCOLATE LAYER CAKE. (*See page* 314). SPONGE CAKES. (*See page* 316).

a little to the side of the fire and slip one egg at a time into the water. Then simmer very gently for two or three minutes, or until the white of the egg sets. Lift the eggs out with a perforated spoon and drain for a minute and then place on rounds of buttered toast just large enough to hold the egg. *To Dish.*—Arrange the eggs neatly on a hot dish, and garnish with parsley. *Note.*—If desired, a proper egg poacher may be used when cooking the eggs which makes it easier to keep the shape of the eggs, and to lift them out of the water. Poached eggs may be coated with cream cheese, tomato, curry, white or brown sauce, and may be served on potato cakes or on rice, haricot beans, lentils or macaroni. Hard-boiled eggs when cold may be coated with mayonnaise or a chaudfroid sauce, and served with salad.

SCRAMBLED EGGS.

(Œufs brouillés.)

For 3 or 4 persons.
Time—5 *minutes.*

4 eggs; 1 or 2 tablespoonsful of milk; 1 oz. of butter or margarine; salt, pepper.

Break the eggs into a basin and beat them lightly. Season with salt and pepper; melt the butter in a pan, put in the eggs and milk and stir over low heat until the eggs just begin to set. Have ready some rounds of buttered toast and pile the egg mixture on these. *To Dish.*—Arrange the eggs on a hot dish and serve immediately. *Note.*—Scrambled or buttered eggs may be varied by spreading shrimp, anchovy, bloater or any well-seasoned paste on the toast before pouring the eggs over, or adding chopped parsley or herbs to the eggs. One or two ounces of chopped ham or corned beef, chopped cooked kidneys, chicken livers, any mince of game or poultry, veal or sweetbread, or chopped cooked mushrooms, may be added to the eggs before cooking them. The eggs may be dished on spinach, sorrel, endive or sliced grilled tomatoes. Too large quantities of any of these ingredients must not be added, but a small quantity gives flavour and makes the dish go farther.

SCOTCH EGGS.

(Œufs à l'Écossais.)

For 6 to 8 persons
Time—15 *to 20 minutes.*

4 hard-boiled eggs; breadcrumbs; frying fat; ½ lb. of sausage meat; salt, pepper; ½ pint of brown sauce (page 50); yolk of 1 egg; 8 round croûtons of bread.

Boil the eggs for 20 minutes. Put them into cold water, then remove the shells. Work the sausage meat on a plate with a knife, then coat each egg thickly with it. Brush them over with the yolk of a beaten egg, dip in breadcrumbs, and fry brown in hot fat *To Dish.*—Cut each egg in half. Place half an egg on each croûton of fried bread. Arrange these neatly in a dish, pour the brown or tomato sauce round. Garnish with parsley.

SCOTCH OATMEAL PORRIDGE.

For 4 persons.
Time—1 hour.

5 ozs. oatmeal; salt; 1 quart of water.

Put the water into a pan and bring to the boil. Sprinkle in the oatmeal, stirring all the time with a porridge stick or a wooden spoon. Continue to stir until the porridge begins to thicken and is perfectly smooth and free from lumps. Add salt to taste. Draw the pan to the side of the fire and simmer very gently for one hour, or until the oatmeal is quite soft. Stir often. Should the porridge become too thick add a little more boiling water. The time depends on whether coarse, medium or fine oatmeal is used, the fine taking the least time to cook. *To Dish.*—Turn the porridge into hot porridge plates or bowls and serve with hot milk or cream, syrup or sugar. *Note.*—Porridge should be made in a double saucepan, as it is then less likely to burn.

Rolled Oats Porridge is made in the same way, but takes less ime to cook—20 to 30 minutes. Certain patent preparations take as little as five minutes to cook.

FRIED OR GRILLED BACON OR HAM.

(*Lard grillé.*)

Back or steaky bacon is best for frying, though some people prefer rather lean bacon. The bacon is cut into thin slices or rashers. Remove the rind and rust and any small pieces of bone or gristle. If the rashers are cut at home, they should be prepared overnight to save time in the morning. *To Fry.*—Heat a frying pan, place the bacon in it and cook over low heat until the fat is transparent, turning the rashers once or twice. If cooked too quickly the bacon becomes scorched and hard. It is difficult to give an exact time for frying bacon, as some people prefer it crisp and dry, and others rather under-cooked. *To Dish.*—Serve the bacon on a hot dish and garnish it with small pieces of bread fried in the bacon fat.

Variations.—Cut some tomatoes in slices and fry these in the bacon fat, adding them just before the bacon is cooked. In this case they are dished either on the rashers of bacon or in the centre of the dish with the bacon arranged round. After dishing the bacon, eggs may be fried in the fat, and dished on each rasher of bacon. Grilled mushrooms or kidneys make an excellent accompaniment to bacon; or left-over potatoes, if fried in the bacon fat, and well drained, may be dished with it.

GRILLED BLOATERS.

For 4 persons.
(*Harengs Salés à la Broche.*) *Time—8 to 10 minutes.*

4 bloaters; pepper; 1 oz. of dripping or margarine; parsley or cut lemon.

Remove the heads and trim the fish neatly with a pair of scissors. Split the bloaters open and remove any roe and the backbone, and

wipe the fish with a damp cloth. Heat a gridiron, grease it with margarine or dripping, place the bloaters, skin side up, on it over a clear fire or cut side up under a gas grill. Grill for 5 or 6 minutes and then turn them over and grill the other side for about 5 minutes or until nicely browned. *To Dish.*—Serve on a hot dish, heads and tails alternately, with a small piece of butter or margarine and a dust of pepper on each fish. Grill the roes separately and use as a garnish. Garnish also with parsley or cut lemon. *Note.*—Bloaters may also be cooked in a frying pan with a little fat over low heat, or put in a greased baking tin and baked in the oven for about 15 minutes.

GRILLED FINNAN HADDOCKS. *For 4 or 5 persons.*
(*Merluche Fumée grillée.*) *Time—About 10 minutes.*

1 finnan haddock weighing about 1½ lbs.; parsley; pepper; 1 oz. of butter or margarine.

Put the haddock in a deep dish and pour a little boiling water over. Soak for 2 or 3 minutes, then drain and dry with a clean cloth. Melt the margarine or butter and brush the fish over with it; then put the fish on a greased gridiron over a clear fire or under a gas or electric griller and cook for about 10 minutes. *To Dish.*—Put the haddock on a hot dish and place a little butter or margarine on the top, sprinkle with pepper and garnish with parsley. *Note.*—The haddock may also be cooked in a frying pan in two or three ounces of dripping. Another method is to soak the fish, as above, and then cook it in a frying pan with sufficient water or milk to barely cover it. Simmer very gently. Drain well. Serve on a hot dish with a piece of butter or margarine placed on the fish.

HAM TOAST. *For 3 persons.*
(*Croûtes de Jambon.*) *Time—About 10 minutes.*

3 slices of toast or fried bread; 2 eggs; 1 oz. of margarine or butter; 2 ozs. of cold cooked ham; parsley.

Mince the ham finely; make the toast and cut it into slices, allowing one slice per person. Beat the eggs, melt the butter in a pan, add the beaten eggs and stir over the fire until they begin to thicken, then add the minced ham. Stir well as for scrambled eggs; when hot through and the eggs are thick, pile this on the pieces of toast. This may be made with tongue or corned beef. *To Dish.*—Put the croûtes on a hot dish and garnish with parsley.

TO FRY SAUSAGES. *For 4 or 5 persons.*
(*Saucissons frits.*) *Time—10 to 20 minutes.*

1 lb. of sausages; 1 oz. of dripping; 6 fingers of fried bread or toast; parsley.

Warm the frying pan, and melt the dripping in it. Prick the sausages, put them into the pan and cook over low, gentle heat for about 10 to 20 minutes, or until the sausages are nicely browned

and cooked through. Turn them often. *To Dish.*—Have ready some fingers of toast or fried bread. Arrange these neatly on a hot dish and place a sausage on each. Garnish with parsley. *Note.*—Stale bread may be cut into squares or fingers and fried in the fat after the sausages. Cold cooked potatoes may be used in place of bread, cut into slices and fried in the pan after the sausages. Halved tomatoes, fried in the pan with the sausages, make this a tasty dish. Apples or bananas may be fried and served with the sausages.

WELSH RAREBIT. *For 4 or 5 persons.*
(*Bonne Bouche à la Galloise.*) *Time—About 10 minutes.*

4 ozs. of Cheddar cheese; ½ teaspoonful of made mustard; buttered toast, 2 slices; 2 tablespoonsful of milk; pepper and cayenne; 1 oz. of butter; salt.

Cut the cheese into very thin slices: put it into a saucepan with the milk, salt, pepper, cayenne and mustard. Add about ½ oz. of butter and stir over the fire until the mixture is perfectly smooth and beginning to thicken. Have ready some hot buttered toast cut into neat squares or fingers, and place it on a hot dish. Pour the mixture over, and put it under a griller or in front of a hot fire and brown it. *To Dish.*—Serve immediately on the dish in which the cheese was browned. *Note.*—The yolk of an egg may be added to this, in which case the egg is beaten up with the milk. Any kind of cheese may be used, but it should not be too strong in flavour. Should the cheese be salt, do not add salt as well.

OTHER DISHES WHICH MAY BE USED FOR BREAKFAST.

Cold Boiled Bacon.
Cold Ham.
Cold Game Pie.
Cold Veal and Ham Pie.
Cold Meat Pie or Pasties.
Cold Tongue.
Cold Pressed or Spiced Beef.
Galantine of any kind.
Potted Meat.
Sheep's Tongues, cold.
Fish Pasties.
Fried Fillets of any Fish.
Grilled or Fried Fish of any kind.
Any dish made with Herring, Bloater or Kipper.
Potted Fish.
Kedgeree of Meat or Fish.
Any of the Patent Breakfast Cereals on the market.

It is a good plan to commence or finish a breakfast with any fresh or stewed fruit in season. In winter stewed prunes and stewed raisins make a very excellent fruit dish for breakfast.

SANDWICHES

Sandwiches may be made of almost anything edible, placed between slices of brown or white bread and butter or between biscuits. Sometimes small finger rolls with soft crusts are used, and these are very easy to manipulate. Sandwiches may be cut into rounds, triangles, fingers, oblongs or diamond shapes, or stamped out with cutters. Sandwiches used for picnics or luncheons should be larger and more substantial than sandwiches for afternoon teas or receptions. These latter should be very small and nothing very substantial should be used when making them. The bread for making sandwiches should be at least one day old and tin loaves are the best for the purpose. The butter should be soft enough to spread easily. If making the sandwiches with some savoury potted mixture it is advisable to mix it with the butter on a plate, with a knife, and work both together until they are well blended. If meat be used it should be freed from all skin, gristle and fat. It is easier to eat ham, tongue, or meat of any kind if cut into thin strips or minced, than if placed between the sandwiches in slices. Any salad used should be shredded or chopped finely.

To Keep Sandwiches.—The best way to keep sandwiches is to cover them with a damp serviette until they are required. If required for picnics or a railway journey they should be wrapped in damp muslin, then in greaseproof paper, and should be placed in a tin or cardboard box.

SAVOURY SANDWICHES.

PLAIN SANDWICHES.

(*Tartines.*)

Thin slices of bread and butter; salt, pepper; 4 ozs. of beef or ham; mustard; mustard and cress.

Cut the beef or ham very thin. Remove all skin and fat from the beef. Have ready some slices of thinly cut bread and butter and place a slice of ham or beef on one piece, spread a little mustard over, and add salt and pepper with the beef, but not with the ham. Wash the mustard and cress, pick it over, and cover the meat with it. Press another slice of bread and butter on the top. Cut off the crusts with a sharp knife and cut the sandwiches into squares. *To Dish.*—Arrange the sandwiches neatly on a d'oyley and garnish with mustard and cress. Chicken and ham, tongue, game, veal and turkey may be made into sandwiches in this manner.

BLOATER SANDWICHES.

(*Tartines de Hareng Fumé.*)

1 cooked bloater; ½ a cucumber; pepper and cayenne; thin slices of brown bread and butter; ½ gill of mustard or tartar sauce (pages 57 and 60).

Remove the skin and bone from the bloater and chop the fish finely. Mix it with the sauce, cayenne and pepper. Peel and cut the cucumber into small dice, and sprinkle them with pepper. Cut some thin slices of brown bread, spread them with butter and put the bloater mixture thickly on one half of the slices. Cover with the rest of the bread and cut into rounds, fingers or triangles. *To Dish.*—Arrange the sandwiches on a d'oyley on a suitable dish and decorate with cut cucumber.

CHEESE SANDWICHES.

(*Denises de Fromage.*)

3 ozs. of grated cheese of any kind; pepper and cayenne; 1 tablespoonful of cream or beer; 1 teaspoonful of made mustard; brown bread and butter; 1 oz. of butter; parsley or watercress.

Grate the cheese, mix it in a basin with the butter, mustard, cream or beer and the seasoning. Pound well together. When well mixed, spread this between thin slices of brown bread and make into sandwiches. *To Dish.*—Place on a suitable dish and garnish with parsley or watercress.

Another method of making cheese sandwiches is to cut the cheese into very thin slices, spread them with mustard, sprinkle with pepper and make into sandwiches.

CREAM CHEESE SANDWICHES.

(*Tartines de Fromage à la Crème.*)

1 cream cheese; brown bread and butter; watercress; cayenne; 3 ozs. of shelled walnuts, or nuts of any kind.

Mix the cream cheese on a plate with the cayenne, add salt if necessary. Work it smoothly with a knife. Put the walnuts into a cool oven for a few minutes, then remove as much of the brown skin as possible. Chop them very finely or put them through a nut mill. Mix them with the cheese. Make some thin slices of brown bread and butter into sandwiches with the cream cheese and nut mixture between. *To Dish.*—As for cheese sandwiches. *Note.*—Chopped watercress or chopped lettuce, or a little chutney may be mixed with the cheese, or sliced cucumber or grated horseradish may be laid over the mixture, in place of the nuts, when making these sandwiches. Should the mixture be too thick, add a teaspoonful or so of cream when working the cheese to a paste.

Cream Cheese and Celery Sandwiches may be made in this way, mixing the washed and chopped celery with the cream cheese and seasoning. Then continue as above. Chopped apple added to the celery makes delicious sandwiches. Decorate with curled celery.

EGG AND ANCHOVY SANDWICHES.

(*Tartines d'Œufs et d'Anchois.*)

Yolks of 2 hard-boiled eggs; pepper; 1 teaspoonful of anchovy essence; 2 ozs. of butter; 1 dessertspoonful of anchovy paste; lettuce; brown bread or rolls.

Pound the yolks of the eggs with the butter and the anchovy paste and essence, season with pepper. Spread this mixture on thinly cut slices of brown bread, or on finger rolls, and make into sandwiches.

Sardine Sandwiches can be made in this way, after draining the fish from the oil, and removing the skin and bone. Pound with the other ingredients, as above, adding a squeeze of lemon juice.

LOBSTER SANDWICHES.

(*Tartines d'Homard.*)

Slices of thin white bread and butter; salt, pepper; ½ a lobster; ½ gill of mayonnaise sauce (page 58).

The mayonnaise sauce should be rather thick. Pound the lobster to a paste, add the sauce, salt and pepper. Mix well together and spread the mixture thickly on some slices of bread and butter. Make the sandwiches in the usual way. Cut into rounds, squares or fingers. *To Dish.*—Arrange them on a d'oyley on a plate or dish and garnish with lobster coral. *Note.*—Tinned lobster may be used for this, if desired, and salmon, crab, prawns or shrimps may be used in the same manner.

SWEET SANDWICHES.

Sweet sandwiches can be made in great variety. Bread, finger rolls, or stale cake may be used as a basis for these sandwiches, and they may be filled with fresh or cooked fruits, nuts, whipped cream, and so on.

CHOCOLATE SANDWICHES.

(*Denises de Chocolat.*)

Brown bread and butter or stale cake; sugar; 2 ozs. of grated chocolate; 1 gill of cream; vanilla essence.

Grate the chocolate finely. Whip the cream, sweeten to taste and flavour with vanilla. Spread this on thin slices of brown or white bread and butter, sprinkle over the grated chocolate, press more bread and butter on the top and cut into fancy shapes. *Note.*—Finely chopped apples or bananas may be mixed with the chocolate. Any fresh fruit, such as strawberries, raspberries or loganberries, if mixed with a little whipped cream and soaked in sugar and lemon juice for some little time before they are required, make delicious sandwiches, placed between slices of bread and butter or cake. Sweet biscuits may be utilised for sandwiches, wafer biscuits especially being very suitable.

FRUIT SANDWICHES.

(*Tartines aux Fruits.*)

Dates, French plums (stoned) and figs, minced with almonds and pounded with a little lemon or orange juice, make an excellent and nourishing filling for sandwiches.

JAM SANDWICHES.

(*Tartines aux Confitures.*)

Any kind of jam, lemon curd or honey may be made into sandwiches by spreading them between thinly cut slices of brown or white bread and butter, or stale cake.

NEAPOLITAN SANDWICHES.

(*Tartines Neapolitaine.*)

Stale gingerbread or chocolate cake; stale madeira or sponge cake; red or yellow jam; crystalised fruits.

Cut the cakes into slices about 4 inches long and as thin as possible. Spread two thirds of the slices with the jam, leaving the remaining slices for top layers. Place a slice of brown cake on top of a slice of yellow and then a plain slice of yellow on top of that and press well together. *To Dish.*—Arrange the sandwiches neatly on a lace paper on a suitable dish and garnish with crystallised fruits.

SWEET NUT SANDWICHES.

(*Tartines de Noix.*)

4 ozs. of mixed nuts weighed after shelling; vanilla essence; 1 gill of cream; a little sugar; short crust pastry (page 237).

Roll the pastry out thinly and cut into fingers about 1½ inches wide and 3 inches long, and bake these in a fairly hot oven until crisp and lightly browned. Blanch the nuts and brown them lightly in the oven, then chop them finely, or put them through a mincer or nut mill. Whip up the cream, sweeten to taste and flavour with vanilla and mix it with the nuts. Spread this on the fingers of pastry and press another piece of pastry on the top. *To Dish.*—Arrange the pastry fingers on a d'oyley on a suitable dish and sprinkle with chopped nuts. *Note.*—This mixture may be spread between slices of brown or white bread and butter or stale cake.

INVALID COOKERY

General Hints—Soups and Savoury Jellies—Fish—Meat—Poultry—Sweet Dishes—Beverages.

The following recipes are suitable for invalids and convalescents, and for those who require light and nourishing food.

Certain rules must be adhered to when cooking for the sick :—

1. The Doctor's orders must be strictly followed.

2. No stale food must ever be given to an invalid.

3. Always make small quantities of food and never leave food in the sick room.

4. Serve food very punctually and as daintily as possible, and see that cold food is really cold and hot food properly hot. All utensils must be scrupulously clean.

5. Never consult patients about their food, but bear their likes and dislikes in mind, following them as far as is compatible with a prescribed diet.

6. Avoid monotony. Where certain kinds of food are a necessity, serve them in a different way, using different dishes or moulds. Colour also plays an important part in tempting a jaded appetite, so use may be made of some of the harmless vegetable colourings available.

Note.—Beef tea and all meat soups for invalids should be made of fresh meat and not from stock made in the stock pot. All fat should be carefully removed and the soup or broth served in a soup cup.

Fingers or dice of thin crisp toast should be handed. For convalescents, the broths or soups may be made more savoury by the addition of an onion, a little celery or tomato. Thick soups made with milk and eggs are nourishing, though a little heavier than broths and clear soups, therefore they are less suited to extreme cases of illness.

The following invalid recipes are intended for one person, though the whole amount in some cases would not be eaten at one meal.

SOUPS.

QUICKLY-MADE BEEF TEA. *Time*—¼ *hour.*

(*Bouillon.*)

¼ lb. of lean beef; ½ pint of water; a pinch of salt.

When making beef tea for invalids, choose good gravy beef, either rump or buttock steak, not leg of beef, as this contains too

much bone. Wipe the meat with a damp cloth and remove all trace of fat and skin, then shred the meat finely with a sharp knife and put each piece as soon as it is shredded into a pan with the water, as if left on the board the juices of the meat are absorbed by the wood. Put the meat into a pan with the water and a pinch of salt—if salt be allowed—but in some cases of illness, especially in fever cases, salt is prohibited. Place the pan over very low heat and stir with a wooden spoon, pressing the meat against the sides of the pan to extract all the juice possible. When the meat changes colour and the juice becomes a rich brown, remove the pan from the fire. On no account let this boil, or the albumen, the most nourishing part of the beef, hardens instead of mixing with the water, and forms a coarse sediment which is usually kept back in the straining, thus rendering the beef tea valueless. Strain the beef tea through a coarse strainer, remove all fat from the top with a piece of tissue paper, and serve as required.

ORDINARY BEEF TEA.

Time—4 *hours.*

(*Bouillon.*)

1 lb. of gravy beef; a little salt; 1 pint of water.

Remove all skin and fat and cut the beef into dice. Put them into a jar with a pint of cold water. Cover, and put into a warm oven for four hours. Add salt to taste after it is cooked, as if added before, it hardens the meat. Keep in a cold place and warm as required. *Note.*—Skim off all trace of fat. The yolk of an egg beaten up may be added to any beef tea, and makes it more nourishing, and in some cases milk may be added.

Mutton and Veal Tea may be made like Beef Tea, using fillets from the legs of either. Sometimes mutton, veal and beef are mixed, making a very strong broth. Use 1 lb. of each to 3 quarts of water.

RAW BEEF TEA.

Time—$\frac{1}{2}$ *to* 1 *hour.*

3 ozs. of beef steak; $\frac{1}{4}$ gill of water; a pinch of salt.

Choose very juicy meat. Free it from all skin and fat and shred it finely with a knife. Put it into a cup with the water and a pinch of salt, if salt be allowed, and let it soak for about 1 hour, pressing it against the sides of the cup occasionally to extract all the juice from the meat. Strain through a fine strainer and serve in a red glass.

MUTTON BROTH.

Time—3$\frac{1}{2}$ *hours.*

(*Bouillon au Mouton.*)

1 lb. of the scrag-end of mutton; 1$\frac{1}{2}$ pints of cold water; 1 teaspoonful of chopped parsley; salt and pepper; 1 tablespoonful of rice.

Remove all fat and skin and cut the mutton into small joints. Put it with the water and salt into a stewpan. Bring to the boil,

skim well; cover and simmer gently for 3 hours, adding the washed rice about ½ an hour before serving. When ready, take out the meat and bones, cut the former into tiny dice, replace them in the broth, add the parsley, and season to taste. If desired, the broth may be strained and simply served with chopped parsley. *To Dish.*—Serve in a soup cup.

CHICKEN BROTH.

Time— *About* 4 *hours.*

(*Bouillon au Poulet.*)

1 boiling fowl; 1 small onion; 1 blade of mace; salt and pepper; 1½ quarts of cold water; 1 teaspoonful of finely chopped parsley.

Cut the fowl into small pieces. Break the bones, scald and skin the feet, wash the neck, gizzard, and liver. Put these into a stewpan, add the water and ½ a teaspoonful of salt: bring to the boil and skim. Add the onion and mace and cook slowly for 4 hours. Strain, return to the stewpan, bring to the boil, skim, sprinkle in the parsley, season to taste and serve. *To Dish.*—Serve in a small soup cup and hand fingers of thin crisp toast.

VEAL BROTH.

Time—1½ *hours.*

(*Bouillon au Veau.*)

1½ lbs. of knuckle of veal; 1 small onion; a spray of parsley; 1 oz. of rice; 1 blade of mace; 2 pieces of celery; salt and pepper; 1½ pints of water.

Wipe the veal with a damp cloth and trim it neatly, then stew it in the water with the peeled onion, washed and sliced celery, the parsley, pepper, salt, and mace. Let it simmer gently until the water is reduced to one pint and the meat is tender, then take out the meat and serve it with parsley and butter sauce. Add the rice or 1 oz. of vermicelli, previously boiled in water, to the broth. Bring to the boil, season, skim, and serve.

FISH.

FISH PUDDING.

Time— *About* ½ *hour.*

(*Pouding au Poisson.*)

½ lb. of raw fish (hake, cod or whiting); 1 egg; ½ gill of milk; 1 gill of white sauce (page 51); 1 oz. of white breadcrumbs; 2 ozs. of chopped suet; salt and pepper; 1 dessertspoonful of chopped parsley.

Remove all the skin and bones from the fish. Pound it well with the breadcrumbs, suet, parsley, and beaten egg. Add the milk and seasoning. Put the mixture into a small mould, cover with greased paper, and steam for ½ an hour. *To Dish.*—Turn the mould out on to a hot dish and coat with white sauce; garnish with chopped parsley and lemon.

FISH SOUFFLÉ. (PLATE 12). *Time*—20 *to* 30 *minutes.*
(*Soufflé de Poisson.*)

½ lb. of boiled cod, hake, fresh haddock or whiting; 1 egg; ½ oz. of butter or margarine; a squeeze of lemon juice; ¼ gill of milk; a level dessertspoonful of flour; salt and pepper.

Melt the butter or margarine, stir in the flour, add the milk, and cook, stirring all the time, until the mixture leave the sides of the pan. Remove any bones and skin from the fish, divide it into flakes, and pound well with the sauce or "panada." Add the yolk of the egg and pound and mix well. Season. Whip the white of the egg to a stiff froth and fold it lightly to the mixture. Add a squeeze of lemon juice. Fill a small soufflé mould three parts full with the mixture, cover with greased paper, and steam gently for 20 to 30 minutes. *To Dish.*—Turn the soufflé on to a hot dish and coat with white sauce. Garnish with shrimps and parsley.

STEAMED FILLETS OF FISH. *Time*—10 *to* 15 *minutes.*
(*Filets de Poisson.*)

Fillets of any fish; 1 level dessertspoonful of butter; ½ teaspoonful of lemon juice; pepper and salt; cut lemon or parsley.

Wash, wipe and skin the fillets. Spread the butter on a plate. Place the fish on it. Squeeze over the lemon juice, add salt and pepper. Cover with a piece of buttered paper, and then with another greased plate. Put the plates over a pan of boiling water and cook until the fish looks white and opaque, about 10 to 15 minutes. *To Dish.*—Put the fillets neatly on a hot dish and pour round the liquor on the plate. Garnish with cut lemon or parsley.

POULTRY AND MEAT.

CHICKEN CREAM. *Time*—30 *to* 40 *minutes.*
(*Crème de Volaille.*)

4 ozs. of cooked chicken; ¼ gill of milk or cream; 1 egg; parsley; 1 gill of Béchamel sauce (page 50); salt and pepper.

Remove all skin and bone from the chicken, weigh the meat and chop it finely, then pound it in a mortar until smooth, adding the egg and white sauce gradually. Pass the mixture through a wire sieve, stir in the milk or cream and season to taste. Turn the mixture into small greased moulds and cover with greased paper. Steam very gently until firm—30 to 40 minutes. *To Dish.*—Turn the moulds out on to a hot dish and coat with Béchamel sauce. Garnish with parsley.

STEAMED CHICKEN FILLETS. *Time*—¾ *to* 1 *hour.*
(*Filets de Volaille.*)

2 fillets from the breast of a chicken; toast; a squeeze of lemon juice; salt, pepper; butter.

Remove the skin from the fillets and sprinkle them with lemon juice, salt and pepper. Grease a plate with butter, put the fillets

on it, cover with the lid of a pan, or another plate, place over a saucepan of boiling water, and steam until the chicken is tender. *To Dish.*—Put the chicken on a clean hot plate and pour round any juice which remains on the plate on which it was cooked. Hand small fingers of dry toast.

Mutton or lamb cutlets or small mutton chops may be cooked in the same manner. This is an excellent way of cooking meat for invalids, rendering it very easily digested.

MUTTON CHOPS EN PAPILLOTE. *Time*—15 *to* 20 *minutes.*
(*Escalopes de Mouton en Papillote.*)

Choose a loin chop of either mutton or lamb. Cut off all superfluous fat and trim the chop neatly. Sprinkle over salt and pepper. Grease a heart-shaped piece of white paper, place the chop on one half, fold over the other half and twist the edges together. Bake on a wire grid in a hot oven for about 15 minutes. *To Dish.*—Put the chop on a hot plate and serve in the paper.

A tender fillet of steak just large enough for one person may be cooked in the same manner.

RAW BEEF CROQUETTES. *Time*—3 *or* 4 *minutes.*
(*Croquettes de Bœuf Saignantes.*)

½ lb. lean beef; ½ oz. butter; about 1 teaspoonful of beef tea (page 296).

Remove all skin and fat and shred the beef very finely and rub it through a sieve. Season lightly if seasoning be allowed, and add the beef tea. Shape the mixture into small balls, heat a frying pan and put in about ½ oz. of butter; shake the pan until the butter runs all over it. Put in the balls and stir them over the fire until the outside changes colour, but on no account let the inside of the balls be cooked. Drain on soft paper and serve.

Raw Beef Sandwiches are prepared in the same way, but instead of making the mixture into balls, spread it between thin slices of bread and butter, or bread alone if butter is not allowed.

SAVOURY CUSTARD. *Time*—15 *to* 20 *minutes.*
(*Crème Piquante.*)

1 egg; 1 gill of beef tea or chicken broth (pages 296, 297) or any clear fresh broth; salt, pepper.

Beat up the egg, pour the boiling broth on to it, beating well the whole time. Season and put the mixture into a small greased jar or basin. Cover with greased paper, put it into a steamer or place it in a pan of boiling water on an inverted saucer or pie dish. The water should reach half-way up the basin. Simmer gently for about 15 to 20 minutes, or until the custard is set. Take it out and let it stand for a minute or two. Then turn it out gently on to a small plate or dish.

SWEET DISHES.

BANANA CREAM.

Time—10 *minutes.*

(*Crème de Bananes.*)

3 bananas; ½ pint of milk; 1 egg; ½ lemon; 1½ ozs. of castor sugar.

Slice the bananas and put them into a glass dish. Sprinkle with the lemon juice and a dessertspoonful of castor sugar. Boil the yellow rind of the lemon in the milk with a teaspoonful of the sugar. Strain it gently on to the beaten yolk of the egg and stir over low heat for five minutes, taking care not to let it boil. Cool, then pour the custard over the bananas and leave until cold. Whip the white of the egg to a stiff froth. Add the remainder of the sugar and a few drops of vanilla essence and pile this on the custard.

EGG JELLY.

Time—20 *minutes.*

(*Gelée aux Œufs.*)

1 egg; ½ oz. of gelatine; 2 ozs. of loaf sugar; 1 lemon; ½ pint of water.

Rub the sugar on the lemon rind, squeeze and strain the juice of the lemon. Put the gelatine, sugar, and water into a pan and stir over low heat until the sugar and gelatine have melted, then bring just to the boil. Beat up the egg, strain the water mixture on to it, stirring all the time: add the strained lemon juice and return all to the pan. Stir over low heat until the egg thickens, but on no account let it boil or the egg will curdle. Pour it into a basin, and when cold put it into 2 small moulds rinsed out in cold water. Turn out when set, on to a small glass dish or plate.

SNOW CREAM.

Time—15 *minutes.*

(*Creme à la Neige.*)

½ pint of milk; 1 oz. of ground rice; 1 oz. of margarine; a few drops of flavouring essence; ½ oz. of granulated sugar.

Blend the rice with a little cold milk then put into a pan with the other ingredients and boil until smooth, stirring all the time. Turn the mixture into a small mould and leave until cold. *To Dish.*—When cold turn the mixture out on to a small dish and decorate with a little jam or jelly.

BEVERAGES.

ALBUMEN WATER.

(*L'Eau d'Albumen.*)

The white of 1 egg; 1 gill of water.

Mix the unbeaten white of an egg and the water together very well and strain them through muslin. Add sugar or salt. This is nourishing and may be given in extreme cases of illness. It may be added to either warm milk or beef tea, in which case only a tablespoonful of water is added to the white of egg. Care must be taken that the beef tea is not too hot or the egg may cook or curdle.

BLACK CURRANT TEA. *Time*—20 *to* 30 *minutes.*
(*Tisane de Cassis.*)

1 tablespoonful of black currant jam; ½ pint of boiling water; sugar to taste; a squeeze of lemon juice.

Put the jam, sugar and lemon juice into a jug, pour over the boiling water, stir, cover, and let it stand in a warm place for 20 to 30 minutes. Strain through a piece of muslin and drink hot or cold.

CAMOMILE TEA. *Time*—10 *minutes.*
(*Tisane de Camomille.*)

6 camomile flowers; 1 breakfastcupful of boiling water.

Put the camomile flowers into a small teapot or jug, pour on the boiling water and infuse by the side of the fire for 10 minutes, then pour off into a cup or strain. Serve with or without sugar.

BEATEN EGG WITH TEA. *Time*—8 *minutes.*
(*Thé aux Œufs.*)

1 egg; 1 cup of tea; sugar to taste; 1 dessertspoonful of milk; 1 teaspoonful of brandy.

Separate the yolk from the white of the egg, beat up the former in a cup and gradually stir in a dessertspoonful of milk and the brandy. Fill up the cup with hot tea, beating all the time: add sugar to taste, if desired, and serve.

EGG NOG. *Time*—5 *minutes.*
(*Cocktail d'Œufs.*)

1 white of egg; castor sugar to taste; 1 tablespoonful of milk; 1 tablespoonful of brandy or sherry.

Put the brandy or wine into a tumbler, add the milk and a little sugar, and beat well. Whisk the white of egg to a stiff froth; stir it lightly into the contents of the tumbler and serve.

GRUEL. *Time*—30 *minutes.*
(*Gruau.*)

1 tablespoonful of fine oatmeal; 1 pint of water, or milk and water mixed; sugar to taste; a pinch of salt.

Mix the oatmeal smoothly with a little cold water, boil the remainder of the water and pour it on to the blended oatmeal. Return to the pan and stir until boiling. Simmer gently for ½ an hour, stirring frequently. Strain, add a pinch of salt, and sweeten to taste. *Note.*—If desired, a strip of lemon peel may be added to this.

GRUEL MADE WITH PATENT GROATS. *Time*—10 *minutes.*

1 tablespoonful of patent groats; 1 pint of water; ½ gill of brandy or white wine.

Mix the groats in a basin with sufficient water to blend them well. Boil the rest of the water and pour it over the groats, stirring

all the time, then stir over the fire until as thick as thick cream. Sweeten to taste and add the brandy or wine and a little nutmeg if desired. This may also be made with half milk and half water, and the brandy may be omitted.

TO PREPARE ICELAND AND IRISH MOSS.

Wash the moss and soak it in water for several hours. It is wise to add a pinch of soda to water in which Iceland moss is soaked. After soaking, lift the moss out of the water and put it into a saucepan with 2 quarts of water, simmer gently for about 4 hours. Strain and add sugar to taste and a little strained lemon juice.

Irish Moss is sometimes made into a jelly.

LEMON BARLEY WATER. (*Tisane d'Orge.*)

Time—4 *minutes to blanch the barley; 2 hours to infuse.*

2 lemons; 2 ozs. of loaf sugar; 4 ozs. of pearl barley; 1 quart of boiling water.

Wash the barley, put it into a saucepan and just cover with cold water. Bring to the boil, and boil for three or four minutes, then strain off the water. Put the barley into a large jug. Rub off the yellow part of the lemon rind on to the sugar and add this to the barley. Pour over a quart of boiling water. Stir to dissolve the sugar and leave until cold, then stir in the juice of the lemons. Strain all into a glass jug.

MILK AND RUM. (*Lait au Rhum.*)

Time—5 *minutes.*

1 tablespoonful of rum; ½ pint of milk.

Warm the milk, mix the rum with it, and pour it from one cup into another twice. This should be taken before breakfast. If desired, the yolk of an egg may be beaten up with a tablespoonful of rum and about ½ pint of hot milk gently stirred into it. Sweeten to taste and serve in a glass.

RICE WATER. (*Tisane de Riz.*)

Time—1 *hour.*

1 oz. of rice; 1 pint of cold water; 1 clove or ½ inch of stick cinnamon.

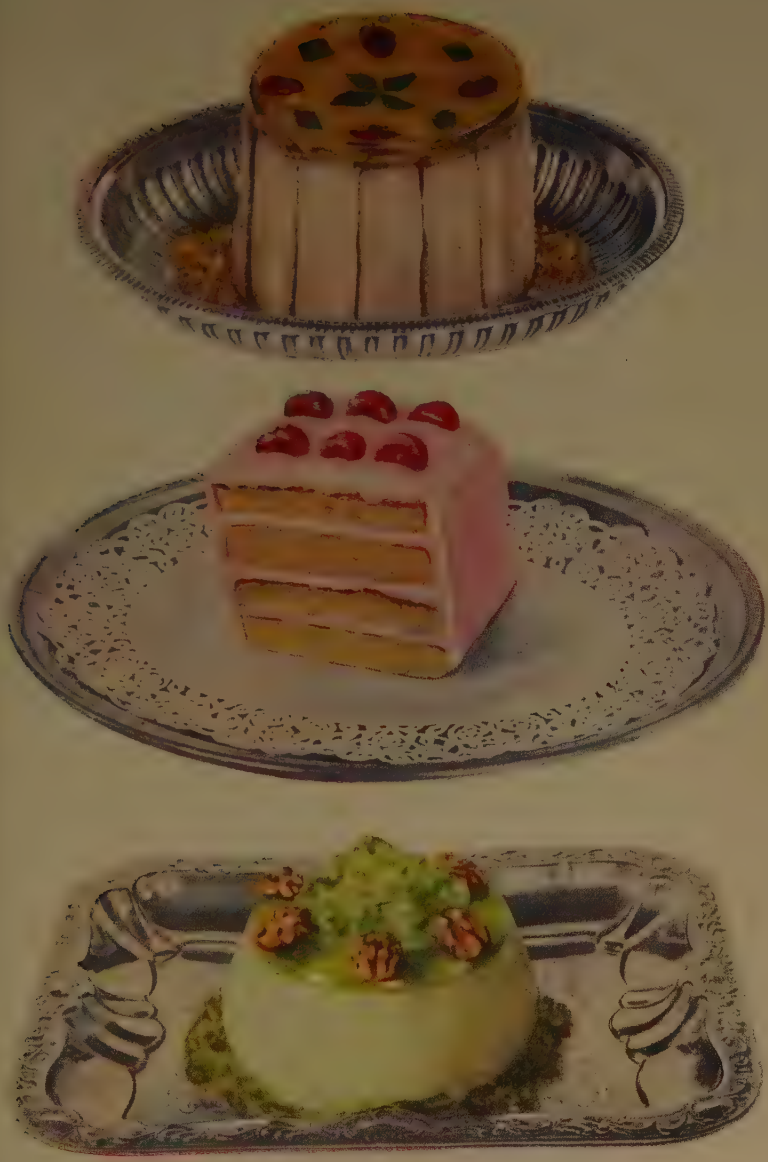
Wash the rice in two or three waters, then put it into a small pan with the water and spice and simmer very gently for about 1 hour. Strain and use.

TOAST WATER. (*Tisane de Pain rôti.*)

Time— *About ½ hour.*

1 slice of bread; 1 pint of cold water.

It is best to use crusty bread for this. Cut off a slice and toast it well on both sides until a deep brown, but do not let it burn. Put some very fresh cold water into a jug, put the pieces of toast



PL. 32.

CHARLOTTE RUSSE. (*See page* 270). CHERRY LAYER CAKE. (*See page* 314). APPLE JELLY. (*See page* 276.

into it, cover the jug and leave it until the water is about the colour of sherry. A little lemon juice may be added to this.

TREACLE POSSET.

Time—5 *minutes.*

(*Lait Caillé de Mélasse.*)

1 tablespoonful of golden syrup or treacle; 1 gill of milk.

Put the milk into a small pan and bring to the boil, add the syrup or treacle and boil again, stirring constantly, then strain all through a piece of muslin and serve it hot. This is very beneficial for colds.

WHEY.

Time—1 *to* 2 *hours.*

(*Petit Lait.*)

1 pint of milk; 1 teaspoonful of rennet.

Make the milk lukewarm, then stir in the rennet and leave it in a warm place until the milk begins to form a curd. Cool this, break up the curd and strain the whey through a muslin.

Lemon Whey is made in the same way, adding a teaspoonful of lemon juice to the milk.

WHITE WINE WHEY.

Time—5 *to* 10 *minutes.*

(*Petit Lait de Vin Blanc.*)

1 gill of milk; ½ wineglassful of sherry; sugar to taste.

Bring the milk to the boil, add the wine and heat it slowly until the milk curdles. Strain it through a piece of muslin and use the whey. Whey is very easily digested and therefore forms a pleasing drink to people who suffer from digestive troubles.

OTHER DISHES SUITABLE FOR INVALIDS.

Cream of barley soup.
Consommé.
Artichoke soup.
Spinach soup.
Boiled, grilled or fried fish.
Fish croquettes, cutlets, omelettes.
Kedgeree.
Raw oysters.
Boiled scalloped oysters.
Filets of sole baked or steamed.
Baked whiting.
Asparagus.
Celery à la crème.
Green pea purée.
Spinach cream.
Roast, boiled or spatchcock chicken or game
Steamed, stewed and roast pigeon.
Boiled rabbit.
Various tripe dishes.
Delicate dishes with mutton or lamb cutlets.
Grilled cutlets or steak.
Steamed or boiled mutton or veal.
Soufflés of any kind of meat, game or poultry.
Various dishes made with brains, calves' feet and sweetbreads.
All simple milk puddings.
Batter puddings.
Custard puddings.
Caramel rice.
Various fruit purées.
Stewed fruit.
Soufflés, omelets, jellies, blancmanges
Junkets.
Fruit fools.
Custard of any kind.
Simple creams.
Lemonade.

BREAD AND CAKE MAKING

General Remarks—Recipes for Bread, Buns, Scones, Cakes, Biscuits, —Hints on making Icings, Decorations.

RULES FOR BREAD AND CAKE MAKING.

1. First see to the oven. If a kitchener be used, make a large fire and bank it up against the side of the oven. If the fire requires making up during the cooking of the cake, see that the glowing embers are placed against the oven and the fresh fuel is put at the back or the opposite side of the grate, otherwise the heat of the oven is checked. If cooking with gas or electricity, light the oven or switch on the electricity about a quarter of an hour before the cake or bread is to be put in. The heat of the oven should then be lessened slightly and, after the cake has risen and set, the heat may be lowered still more. If using a kitchener, after the cake has set and risen, either move it to a lower or cooler part of the oven or do not keep up too large a fire. Heavy fruit cakes require a very cool oven for the last half to one hour. In fact, in some cases the gas is turned out in the oven and the cake is left to " soak " for the last half hour.

2. Always prepare the tins before beginning to make the cakes or bread. Heavy fruit cakes and light sponge cakes should be placed on baking tins coated with sand to prevent their scorching at the bottom, and, as soon as the cake is brown, it should be covered with two or three thicknesses of paper to keep it from scorching. Small cakes require a hotter oven than large cakes as they should cook quickly. For temperatures of the oven see page 26.

3. Weigh all materials.

POINTS TO REMEMBER.

The flour for making bread should always be of good quality and should be dried before using it.

Bread should be put into a hot oven at first, about 350° Fahr., to check the further growth of the yeast. The heat is then gradually lessened or too hard a crust is apt to form on the bread, which causes the inside of the bread to be soft and doughy instead of light and dry.

Bread and cakes when taken from the oven should always be put on to a sieve to cool, or leant up against a plate, so that the

air circulates completely all round them. If left lying flat, the steam condenses into moisture under them and causes them to become heavy and sodden.

To test when bread and cakes are cooked, insert a warm fine metal skewer or knitting needle into the top of the cake, and if it comes out clean, the cake is ready. Should any moisture appear on the skewer, it shows that the cake is not sufficiently cooked.

Yeast.—Either liquid or compressed baker's yeast may be used. Yeast is a sort of fungus which begins to grow at a certain temperature, and this growth causes chemical changes to take place in the flour, which produce carbonic acid gas and aerate the dough, thus causing the bread to rise. Yeast requires a certain amount of warmth to start this growth, but should too great heat be employed, it checks the growth and causes the bread to stop rising. It is important, therefore, that warm basins should be used when mixing the yeast, and that it is mixed with lukewarm water or milk.

To Cream Yeast.—Put it into a warm basin and add a very small quantity of sugar. Work it with a wooden spoon until it becomes liquid.

The bread must also be kept in a warm place while rising, as, if the dough becomes cold, the yeast stops growing.

TO PREPARE CAKE AND BREAD TINS.

To line a round cake tin with paper.—White kitchen paper should be used for this. Fold a double band of paper about two or three inches deeper than the cake tin and just long enough to fit round the inside of the tin, and wrap over a little at the joint. Cut this and then fold up about an inch at the folded side, open out the fold and make slanting cuts on the inch of paper a little distance apart. Cut a doubled round of the paper to fit the bottom of the tin exactly. Melt a little butter or margarine in a small pan, remove any scum that rises, and then, with a clean brush, brush the butter round the inside of the cake tins and over the band of paper. Arrange the band inside the cake tin, putting the notched part of the paper flat on the tin. Place the doubled round of paper inside the tin, covering the notched piece of the band and press it down well, perfectly flat. If making a very large cake, three or four folds of paper should be used.

To line a square flat tin.—Take a piece of paper larger than the tin, so that the sides will stand up one or two inches all round. Grease the tin and then the paper and press it smoothly into the bottom of the tin. Notch the corners and see that the paper stands up at least an inch above the edge of the tin all round.

To prepare small patty pans or cake tins.—Brush them over well with clarified butter or margarine. Sometimes a tablespoonful of flour and a tablespoonful of castor sugar are mixed together,

and a spoonful of this is put into the small cake tins and shaken well all over them. Shake out all the loose flour.

Large sponge cake tins are sometimes treated in the above manner. A double band of any kind of paper should be fastened round the outside of a sponge cake tin, projecting 2 or 3 inches above the top.

For scones, buns or small cakes baked without a tin, brush the baking tin well over with clarified butter or margarine.

Sandwich cake tins are greased, or they may be dusted out with a mixture of flour and sugar. In other cases, they are lined with greased paper. Should the sides of the tin be two or three inches high, the paper must be put in the same as in lining a round cake tin.

Bread tins are sometimes greased; in other cases they are dusted out with flour. If the bread is made into Coburg or cottage loaves, they are placed upon a greased and floured baking tin.

BROWN BREAD.

Time—1½ *to* 2 *hours.*

(*Pain Bis.*)

1¾ lbs. of household flour; 1¼ pints of lukewarm water; 1 teaspoonful of castor sugar; 1 oz. of compressed yeast; 1¾ lbs. of wholemeal flour; 1 tablespoonful of salt.

Mix the flours and salt together in a warm basin. Make a well in the centre. Cream the yeast and sugar in another warm basin and gradually stir in the tepid water. Pour this into the well in the centre of the flour. Stir in a little flour from the sides and sprinkle some over the top. Cover the basin and leave it in a warm place for about 1 hour. Then mix all to a soft dough, adding a little more warm water if necessary. Knead well and shape into loaves and put them into greased and floured tins. Leave these to rise in a warm place for about 1 hour. Then bake in a good oven for 1½ to 2 hours, according to the size of the loaves. *Note.*—Brown bread should always be made into small loaves and the tins must only be half filled.

Wholemeal or Brown Meal only may be used for making this bread, but a lighter bread results when white flour is added to it.

HOME-MADE BREAD.

Time—1 *hour to bake a* 2 *lb. loaf.*

(*Pain.*)

7 lbs. of flour; 1 tablespoonful of salt; 2 quarts of warm water; 1 gill of brewer's yeast or 2 ozs. of compressed yeast.

Sieve the flour and salt into a bowl and make a hollow in the centre. Mix the yeast with 1 pint of the water and pour into the flour. Should solid yeast be used, cream it with a wooden spoon, then add the water to it gradually before adding it to the flour. Have ready 3 pints more of warm water and stir in sufficient gradu-

ally, to make the whole into a rather soft dough. The exact quantity of water cannot be given as some kinds of flour take more than others. Knead the dough well with both hands. When quite smooth sift a little flour over and cover with a cloth. Leave it in a warm place by the side of the fire for 4 or 5 hours. Then knead again for ½ of an hour. Cover and leave it to rise again for about 1 hour. Divide it into two or four loaves and either put these into greased and floured tins or make them into cottage loaves or Coburgs. Leave these on the baking tins in a warm place to "prove" for 15 to 20 minutes. Put the bread into a quick oven (see page 26) at first and bake for 2 hours if the loaves weigh 2 lbs. each, and for 4 hours if the loaves weigh 4 lbs. When cooked turn the bread on to a sieve or lean it against a plate. When cooked the bread should sound hollow if tapped at the bottom. Do not store until quite cold. *Note.*—To knead bread properly, flour the hands and fold the fingers over the thumb, thus making a fist. Then beat and pummel the dough, first with one hand, then with the other, all over, turning it over and working it well until it ceases to stick to the hands (from 15 to 20 minutes). Flour a basin and return the dough to it, making a cross on the top, and let it stand in a warm place again for about an hour, or until well risen. It should be nearly double its original size. If bread does not rise well the basin may be placed over boiling water. The dough may be set to rise overnight if covered close and kept in a warm place.

Breakfast Cakes may be made from this dough, adding a beaten egg and 1 oz. of melted butter or margarine to 1 lb. of dough. Shape the mixture into balls and bake in a quick oven for 20 minutes.

TO SHAPE THE LOAVES.

Dough that is baked in tins may be a little softer than that which is made up into loaves without support.

When the loaves are shaped they should be put into a warm place to "prove" before baking them. When weighing dough it must be remembered that a good deal of weight is lost by evaporation during baking, so if a loaf is to weigh 2 lbs. when cooked, the dough must weigh 2 lbs. 3½ ozs.

To Make a Cottage Loaf take two pieces of dough, one larger than the other, shape them into balls, put the smaller ball on the top of the larger one and flour the finger or thumb and press it right through the centre of both. Then make four or five cuts round the sides of the bread with the back of a knife. Put the loaves on a greased and floured tin.

For a Coburg Loaf shape the dough into an oval shape and make several deep cuts across the top. If baking the bread in tins, grease and flour the tins and only half fill them.

SODA BREAD. (A good emergency bread.) *Time*—¾ *hour.*
(*Pain d'Irlande.*)

2 lbs. of flour; 1 teaspoonful of bi-carbonate of soda; ½ pint of sour milk or butter milk; 1 teaspoonful of salt; 1 teaspoonful of cream of tartar.

Rub the flour, soda, cream of tartar and salt through a sieve into a basin. Make a well in the centre and stir in the sour milk or buttermilk, adding a little more should the mixture be dry. Mix well into a rather stiff dough, divide into two and shape it into rounds, prick the top with a fork and place them on a greased and floured baking tin. Bake in a moderate oven for about three-quarters of an hour. *Note.*—This may be made into rolls.

MILK ROLLS. (Plate 34). *Time to bake*—*About* 15 *minutes.*
(*Bâtons au Lait.*)

½ lb. of flour; 1½ ozs. of butter or margarine; 1 gill of warm milk; ½ oz. of compressed yeast; 1 oz. of castor sugar; a pinch of salt; 1 egg.

Sieve the flour and salt. Rub in the butter. Beat the yeast and sugar to a cream; gradually stir in the warm milk. Put this into a hole in the centre of the flour and gradually work in all the flour. Make the mixture into a fairly stiff dough. Put it into a floured basin, cover and leave it for half an hour to rise. Then shape it into about 8 small rolls. Brush them over with egg. Put them on a greased baking tin and leave them in a warm place for about 10 minutes to "prove." Then bake in a fairly hot oven for about 15 minutes.

WHOLEMEAL ROLLS. *Time*—*About* 20 *minutes.*
(*Bâtons au Pain Bis.*)

1 lb. of wholemeal flour; 1 lb. of white flour; 2½ ozs. of butter or margarine; 1½ teaspoonsful of salt; 1 tablespoonful of baking powder; about 1 pint of milk.

Sieve the white flour, baking powder and salt. Mix with the wholemeal flour in a basin. Rub in the butter and make a well in the centre. Add the milk gradually, using enough to make a soft dough. Then turn the mixture on to a floured board. Knead until smooth. Divide it into about two dozen small rolls. Place these on a greased and floured tin. Brush them over with milk and bake at once in a fairly hot oven until brown and well risen: about 20 minutes. To be eaten hot or cold.

DROP SCONES. *Time*—5 *to* 10 *minutes.*
(*Pannequets.*)

½ lb. of flour; 1 teaspoonful of baking powder; about 2 tablespoonsful of cream; a pinch of salt; 1 egg; ½ pint of milk.

Sieve all the dry ingredients into a basin. Beat up the egg with some of the milk. Add the cream. Make a well in the centre of the flour, stir the mixture in gradually, adding more milk if required. This should make a fairly stiff batter. Put it in spoons-

ful on a greased girdle or frying pan, leaving a good distance between each. Brown on one side, turn, and brown on the other. Butter and serve hot as soon as possible after making them. *Note.*—The cream may be omitted if desired, adding a little more milk or a tablespoonful of oiled butter.

Pikelets are made in the same way using 6 ozs. of flour, 1 teaspoonful of cream of tartar, and ½ teaspoonful of bi-carbonate of soda in place of baking powder, and adding 1 oz. of sugar.

PLAIN SCONES. (PLATE 34). *Time*—10 *to* 15 *minutes.*
(*Gâteaux de Thé.*)

1 gill of milk; 1 teaspoonful of baking powder; a pinch of salt; 2 ozs. of butter or margarine or lard; 1 lb. of flour; 1 teaspoonful of castor sugar.

Rub the flour, salt and baking powder through a sieve. Rub in the butter, add the sugar, make a well in the centre and stir in sufficient milk to form a smooth dough. Turn this out on to a floured board and knead a little, then roll it out about half an inch thick. Cut into rounds or triangles. Place these on a greased tin and bake in a fairly hot oven until firm when pressed, for about 10 to 15 minutes. *Note.*—These may be made into two rounds and marked up into 4 or 6 scones with the back of a knife and baked from 20 to 25 minutes. When cooked divide them by the marks. Split open and butter. Serve hot or cold. ½ lb. of currants or sultanas may be added to this mixture, for currant or sultana scones. Sour milk or buttermilk may be used in place of milk. The addition of one or two tablespoonsful of cream makes this mixture into cream scones.

POTATO CAKES. *Time*—10 *minutes.*
(*Gâteaux aux Pommes de Terre.*)

½ lb. boiled potatoes; 2 ozs. of flour; about 2 tablespoonsful of milk; salt; 1 oz. of butter.

Rub the potatoes through a sieve, add the flour and salt and just melt the butter and stir it in. Mix all to a smooth paste with the milk. Roll this on a floured board and cut it into rounds. Put them on a greased girdle or frying pan and bake for about 10 minutes, turning once. Split them in half and butter them and serve hot. *Note.*—These may be baked in the oven if desired.

WHOLEMEAL SCONES. *Time*—*About* 20 *minutes.*
(*Petits Pains Bis.*)

½ lb. of wholemeal; ½ teaspoonful of salt; ½ teaspoonful of bi-carbonate of soda; buttermilk or sour milk; 1 teaspoonful of cream of tartar; ½ lb. of flour; 2 ozs. of butter or margarine.

Sieve the flour, cream of tartar, bi-carbonate of soda and salt. Rub in the butter, add the whole meal; mix well. Make a well in the centre and gradually stir in sufficient buttermilk or sour milk to make a dough. Knead slightly until smooth. Divide this into

two, work each piece up into a round about 1 inch thick. Place these on a greased and floured baking tin: mark them into 4 or 6 portions with the back of a knife. Prick them with a fork and bake in a fairly hot oven for about 20 minutes or until firm when pressed. Then put on a sieve to cool unless eaten hot. *Note.*—The dough may be rolled out and the mixture cut into small rounds, which only take about 10 to 15 minutes to bake.

BUNS. *Time to bake— About 20 minutes.*

(*Kouques au Beurre.*)

2 lbs. of flour; 4 ozs. of castor sugar; ¼ of a nutmeg grated; 2 eggs; about 1 pint of milk; ½ lb. of currants; 1 oz. of compressed yeast; 1 teaspoonful of grated lemon peel; a pinch of salt; 4 ozs. of butter.

Melt the butter in a pan with the milk, and when lukewarm pour it on to the creamed yeast. Sieve the flour, salt and nutmeg into a basin; make a well in the centre. Beat the eggs; strain the yeast mixture into the centre of the flour, work in a little of the flour from the sides. Gradually mix in the flour and beat to a smooth dough. Cover and leave this in a warm place to rise for 1 hour. Then add the sugar, lemon peel, cleaned currants, and the beaten eggs to the dough. Mix well and shape into buns. Put these on a greased baking tin and leave them before the fire for about half an hour to rise. Bake in a hot oven from 15 to 20 minutes. Just before removing them from the tin, brush the buns over with a little milk mixed with sugar; then return them to the oven to brown. Put them on to a sieve to cool. *Note.*—The buns should not be made too large as they rise to nearly double their size. This makes about 18 buns.

Hot Cross Buns are made in the same way, adding ¾ oz. of mixed spice and 4 ozs. of candied peel. Form a cross with the back of a knife on each bun after shaping it.

GINGER BISCUITS. *Time—15 to 20 minutes.*

(*Biscuits au Gingembre.*)

½ lb. of flour; 4 ozs. of castor sugar; a pinch of salt; 1 teaspoonful of ground ginger; 2 eggs; 4 ozs. of butter or margarine.

Sieve the flour and salt with the ginger. Beat the butter and sugar to a cream. Add the eggs one by one, beating each in well, then gradually stir in the flour. Should the mixture be too dry, add a very little milk. Drop spoonsful of the mixture on greased paper on a greased tin a short distance apart. Put them into a rather slow oven and bake a pale brown for 15 to 20 minutes. *Note.*—Ginger Biscuits do not become crisp until they are cold.

MILK BISCUITS. *Time—15 to 20 minutes.*

(*Biscuits au Lait.*)

1 lb. of flour; ½ pint of milk; 1 oz. of butter; a pinch of salt.

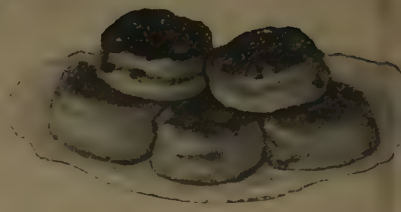
Sieve the flour and salt and rub in the butter. Gradually stir in sufficient milk to make a paste that will roll easily. Flour a



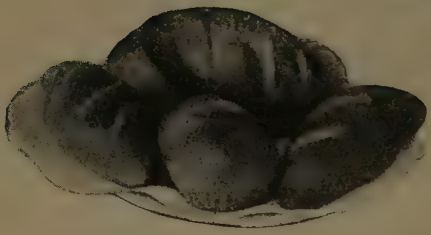
ANCHOVY STRAWS. (*See page* 281.) CHEESE CREAMS. (*See page* 283.)
CHEESE CANAPÉS.. (*See page* 92.)



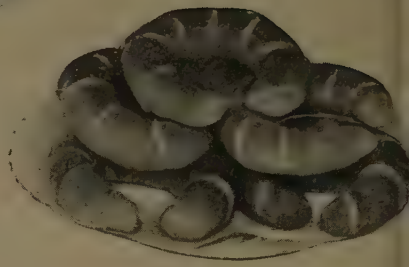
1



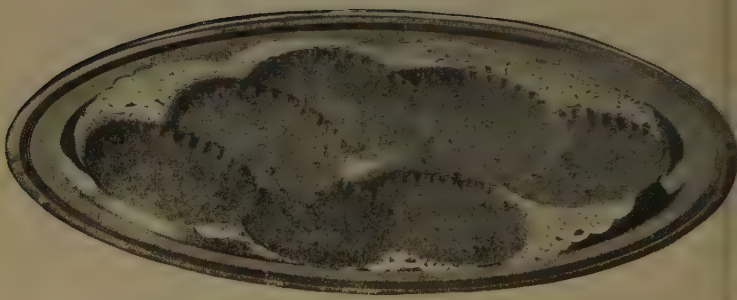
2



3



4



5

1 and 2—SCONES. (*See page* 309.) 3 and 4—ROLLS. (*See page* 308.)
5—SHREWSBURY BISCUITS (*See page* 311.)

board and roll the paste out very thin. Stamp it out with a round cutter about the size of the top of a tumbler. Put the biscuits on to a lightly greased baking tin, bake in a quick oven until very pale brown, about 15 minutes. Cool on a sieve, unless the biscuits are to be eaten hot, when they should be served on a folded napkin.

OATMEAL BISCUITS. *Time—About 20 minutes.*

(*Biscuits à la Farine d' Avoine.*)

½ lb. of flour; 2 ozs. of castor sugar; 1 teaspoonful of bi-carbonate of soda; a pinch of salt; 10 ozs. of medium or fine oatmeal; water; 6 ozs. of lard, butter or good beef dripping; 2 yolks and 1 whole egg.

Melt the fat. Sieve the flour and carbonate of soda and salt, add the oatmeal and sugar, and mix well. Beat up 2 yolks and 1 whole egg with a tablespoonful of water. Then stir the melted fat into the flour and add the beaten egg. Mix all to a paste. Turn this on to a floured board and roll it out very thinly. Then cut it into rounds the size of the top of a tumbler. Put these on a greased tin and bake in a moderate oven for about 20 minutes. Cool on a sieve.

SHREWSBURY BISCUITS (or EASTER CAKES). (PLATE 34).

(*Biscuits à la Shrewsbury.*) *Time—About 10 to 15 minutes.*

½ lb. of flour; ¼ lb. of castor sugar; 2 eggs; ½ teaspoonful of powdered cinnamon; 2 ozs. of currants; ¼ lb. of butter or margarine; a pinch of salt.

Sieve the flour, salt and cinnamon, rub in the butter. Add the sugar. Beat up 2 yolks of eggs and stir lightly to the mixture. If too dry, add the white of 1 egg. Clean and add the currants, and form all into a fairly stiff paste. Roll this out very thinly and cut it out into cakes with a fluted cutter about 3in. in diameter. Put them on to a greased baking tin and bake in a cool oven until very pale brown—from 10 to 15 minutes. *Note.*—Caraway seeds may be used in place of currants, or the biscuits may be flavoured with ground ginger. The cinnamon may be omitted.

RICH BRIDE CAKE. *Time—4 to 5 hours.*

(*Gâteau de Noce.*)

4 lbs. of flour; 2 lbs. of castor sugar; 1 oz. of mace and nutmeg; 2 lbs. of sultanas; 1 lb. of almonds; ½ lb. of candied orange and lemon peel; 1 teaspoonful of salt; 4 lbs. of butter; 24 eggs; 2 lbs. of currants; 4 lbs. of raisins; ½ lb. of citron peel; ½ pint of brandy. *Note*—2 baking tins about 10 and 6 inches in diameter will be required.

Dry the flour and sieve it with the salt and spice. Wash and dry the fruit well, and take off all stalks. Stone the raisins and cut them in half. Blanch and chop the almonds. Shred the candied peel finely. Put the butter into a warm basin, soften it very slightly, but do not let it oil, then beat it well with the hands or with a very large wooden spoon. Add the sugar and continue to beat until the butter is quite creamy. Add the eggs two at a time, beating well, and occasionally add a spoonful of flour to check the eggs from curdling. Mix 1 or 2 tablespoonsful of flour with the

prepared fruit, and then stir it in gradually, beating it in very well. Add the almonds and then, last of all, stir in the flour lightly, alternately with the brandy. Do not beat the mixture after the flour is added. Grease well one large and one smaller cake tin and line them with three or four thicknesses of greased paper. Three parts fill the cake tins with the mixture, place them on baking tins thickly covered with sand and put them into a moderate oven. The larger cake will take 4 to 5 hours to cook, the smaller one less in proportion. The oven must be just hot enough to keep the fruit from sinking to the bottom of the cake, but after the first twenty minutes the heat should be lowered a little and a steady heat maintained (see page 304). When cold they may be wrapped in white paper or a cloth and should be kept for at least three or four months in a tin box with a well-fitting lid. All heavy rich fruit cakes are better for keeping, as the ingredients seem to mellow and blend better with each other. When required, ice the cake first with almond icing and then with Royal icing (see directions for icing cakes, page 317). *Note.*—Smaller quantities of this cake may be made and fewer eggs used if a plainer cake be desired.

CHRISTMAS CAKE. *Time*—3½ *hours.*

(*Gâteau de Noël.*)

1 lb. of flour; ½ lb. of castor sugar; 1 lb. of sultanas; 4 ozs. of almonds; 1 lb. of currants; 1 teaspoonful of mixed spice; a pinch of salt; ½ lb. of butter; ½ lb. candied peel; 5 or 6 eggs; 1 wineglassful of brandy.

Prepare, make and bake this cake according to the directions for Rich Bride Cake (page 311). This quantity requires a tin about 8 inches in diameter. This cake improves with keeping, so should be made two or three months before Christmas. A few days before it is required it may be coated with almond paste and then iced with Royal icing (page 317). The brandy may be omitted from this cake and sherry or porter substituted. This may be used for a birthday cake. Glacé cherries may be added and fewer eggs used, adding baking powder with 3 to 4 eggs.

FOUNDATION CAKE. *Time*—1½ *hours.*

(*Gâteau d'Origine.*)

1 lb. of flour; ½ lb. of castor sugar; a pinch of salt; 1 teaspoonful of baking powder; about 1 gill of milk; ½ lb. of butter or margarine; 4 eggs.

Sieve the flour, baking powder and salt. Beat the butter and sugar to a cream, add the eggs one by one, beating each in well. Should they seem inclined to curdle, add a spoonful of the flour. Stir in the flour lightly alternately with the milk. The mixture should be moist enough to drop heavily from a spoon. Add any flavouring essence liked. Put it into a greased tin lined with greased paper. Place this on a baking tin and bake in a moderate oven for about an hour. Turn it on to a sieve to cool. This cake

forms a good foundation for various other cakes. Mixed dried fruits and almonds may be added, or sultanas or currants only. Any kind of nuts or preserved ginger, glacé cherries, cocoanut, caraway seeds, nuts, candied peel, and so on may also be added, the cake taking its name from the fruit, etc. added, such as sultana, currant, seed, cherry, plum cake. The amount of fruit may be varied according to the richness of the cake. This cake may be made richer or plainer by adding more eggs and a little less milk or fewer eggs and a little more baking powder and milk. Margarine or dripping may be used in place of butter.

GENOESE PASTRY.

Time—15 *to* 20 *minutes.*

(*Gâteau Génoise.*)

6 ozs. of flour; ½ lb. of castor sugar; 6 ozs. of butter; any flavouring essence desired; 7 eggs; a pinch of salt.

Just melt the butter and remove all scum that rises. Sieve the flour and salt; put the eggs into a basin and whisk for about 5 minutes, then add the sugar and whisk again. Then place the basin over a pan of boiling water and continue to whisk until the eggs become very thick and frothy. Do not let the mixture get too hot or the eggs will cook, but remove the basin from the pan and whisk away from the fire for a while. Add the flour and butter alternately with a metal spoon and add any flavouring essence liked. Put the mixture into a greased shallow tin lined with greased paper and bake in a quick oven for about 15 to 20 minutes, or until firm when pressed. Turn out on to a sieve to cool and use as desired. This may be made into a Swiss roll (page 316) or it may be made in two sandwich tins and made into a layer cake with any filling preferred, and iced if desired. It is also sometimes made into small fancy cakes or it may be baked in one round tin lined with greased paper. In this case, it takes a little longer to bake, being thicker.

CHEAP GINGERBREAD CAKE.

Time—¾ *hour.*

(*Pains d'Épice.*)

1 lb. of flour; 4 ozs. of lard; 2 eggs; 1 oz. of ground ginger; 1 teaspoonful of bi-carbonate of soda; 2 ozs. of citron peel; about 1 gill of milk; a pinch of salt, 1 lb. of treacle or golden syrup.

Sieve the flour, ginger, salt and bi-carbonate of soda into a basin. Put the lard, treacle or golden syrup, and milk into a pan and stir over low heat until well mixed. Beat up the eggs, shred the peel finely, make a well in the centre of the flour, pour in the mixture and the beaten eggs and mix well. Add the citron peel and put into a square greased tin about 9 inches square lined with greased paper, and bake for about ¾ hour or more. Should the tin be large and the cake consequently less thick, it takes a shorter time to bake.

LAYER CAKE (Plate 32).

Foundation, Genoese or Sponge Cake mixture (pages 312, 313, 316); butter icing (page 317); glacé icing (page 318); decorations.

Bake the mixture in sandwich tins. When cold spread the top of one cake with the butter icing, press another cake on top, spread that with butter icing and press the third cake on top. Ice with glacé icing which should be the of same colour and flavour as the butter icing, and decorate with crystallised violets and rose petals, angelica, walnuts, glacé cherries, etc.

Chocolate Layer Cake Add to the cake mixture grated chocolate dissolved in warm milk or water—3 ozs. to 1 tablespoonful. Use chocolate icings (page 318). (Plate 31).

MADEIRA CAKE.

Time—1 *hour.*

(*Gâteau de Madère.*)

9 ozs. of flour; 6 ozs. of butter or ½ margarine and ½ butter; peel of half a lemon; a pinch of salt; 9 ozs. of castor sugar; 4 eggs; 1½ ozs. of candied lemon peel; ½ teaspoonful of bi-carbonate of soda.

Break the eggs into a basin and whisk them for about 10 minutes, then add the sugar and continue to whisk for about 15 minutes or more. Sieve the flour, soda, and salt, and grate the lemon peel; just melt the butter. Add the flour and butter alternately to the eggs, mixing very lightly. Then add the lemon peel and the shredded candied peel. Put the mixture into a greased cake tin lined with 2 or 3 thicknesses of greased paper, and bake in a moderate oven for about 1 hour or until the cake is firm when pressed. If desired, 2 thin strips of candied peel may be laid over the top of the cake just before putting it into the oven.

RICE CAKES.

Time—1 *hour.*

(*Gâteaux au Riz.*)

4 ozs. of ground rice; 4 ozs. of flour; 3 eggs; a pinch of salt; 6 ozs. of butter, or ½ butter and ½ margarine; ½ lb. of castor sugar; vanilla or almond essence.

Make and bake as for the directions for Sand Cake (page 315). This can be made into small cakes by putting the mixture into small greased tins dusted out with sugar and flour, and baking in a fairly hot oven from 20 to 30 minutes.

ROCK CAKES.

Time—20 *to* 30 *minutes.*

(*Gâteaux Rochers.*)

1 lb. of flour; ½ lb. of castor sugar; ½ lb. of currants; 2 eggs; ½ lb. of butter, or ½ butter and ½ margarine or dripping; lemon or almond essence; a pinch of salt.

Clean the currants. Sieve the flour and salt, rub in the butter or fat mixture; add the sugar and fruit, beat up the eggs and stir

them into the mixture. Add the flavouring essence. If too stiff add a spoonful or two of milk to the mixture, but it must be dry enough to form rocky heaps on the baking tin. Grease a tin and place the mixture with two forks in little heaps a short distance apart from each other. Put them into a fairly hot oven at first, and bake them for 20 to 30 minutes or until a skewer comes out clean when inserted. *Note.*—Sultanas or caraway seeds may replace currants.

SAND CAKE.

Time—1 *hour.*

(*Gâteau à la Duchesse.*)

4 ozs. of butter; 2 ozs. of ground rice; 2 ozs. of flour; 2 eggs; 4 ozs. of castor sugar; 2 ozs. of arrowroot; 1 teaspoonful of baking powder; a pinch of salt.

Separate the yolks from the whites of the eggs. Sieve the flour, baking powder and salt, add the ground rice and arrowroot. Beat the butter and sugar to a cream, then add the yolks of the eggs one by one. Whip the whites of the eggs very stiffly and stir them in lightly, alternately with the flour. Put the cake into a square bread tin which has been greased and dusted out with equal parts of flour and sugar. Place the tin on a baking sheet and bake in a moderate oven for about 1 hour. The oven must be hot enough to set the mixture when the cake is first put in and the heat should be gradually lowered later.

REAL SCOTCH SHORTBREAD.

Time—25 *to* 30 *minutes.*

(*Shortbread à l'Écossaise.*)

1 lb. of butter; a pinch of salt; citron peel; a few sweet almonds; 1½ lbs. of flour; ½ lb. of castor sugar; caraway comfits.

Sieve the flour and salt. Rub in the butter, working it in very well, then add the sugar. Turn it out on to a floured board and knead it into a smooth round. Roll out the paste into one large or two small rounds about ½ an inch thick. Shape them round with the hands and pinch round the edges with the fingers or mark them with a knife. Put the shortbread on a greased baking tin and prick it all overwith a fork. Cut the citron peel into fancy shapes and put one or two strips on the top of each cake or sprinkle the comfits over each cake, or if preferred decorate with blanched split almonds. Bake in a cool oven from 25 to 30 minutes or longer. This mixture should become very pale brown and should be firm but is still soft when hot. Do not remove it from the tin until slightly cool, as it then stiffens and is less liable to break. *Note.*—Should the dough become soft when mixing it, let the cake stand for a short while to harden before putting into the oven. If desired this may be made into small cakes.

SODA CAKE. *Time*—1½ *to* 2 *hours.*
(*Gâteaux l'Anglaise.*)

1 lb. of flour; 6 ozs. of butter or margarine, or half of each; 2 eggs; 4 ozs. of sugar; ½ lb. of currants; a pinch of salt; 1 small teaspoonful of bi-carbonate of soda; ½ pint of milk.

Sieve the flour and salt and bi-carbonate of soda. Rub in the butter and add the sugar. Clean the currants and stir them to the flour. Beat up the eggs with a little of the milk and stir them into the dry ingredients, gradually adding the rest of the milk. Put all into a greased tin lined with greased paper. Place the tin on a baking sheet covered with sand or salt and bake immediately in a fairly hot oven for the first 15 minutes, and gradually lessen the heat of the oven and continue cooking from 1½ to 2 hours.

SPONGE CAKE. (Plate 31). *Time*—1 *hour and* 20 *minutes.*
(*Gâteau de Savoie.*)

½ lb. of flour; ½ lb. of loaf sugar; 7 eggs; a few drops of lemon or almond essence; ½ a teacupful of water; a pinch of salt.

Put the sugar and water into a pan to melt, then bring to the boil. Break the eggs into a basin and whisk them for about half an hour, then gradually pour the sugar, from a height, on to them, whisking all the time, and continue to whisk for another quarter of an hour or 20 minutes. Dry the flour and rub it through a sieve with a pinch of salt, and when the egg mixture is very thick and frothy stir in the flour very gently and lightly. Add a few drops of flavouring essence. Prepare a tin according to the directions on page 305, and place it on a baking tin covered with sand or salt. Half fill the tin with the mixture and put it into a moderate oven and bake it for 1 to 1¼ hours. Do not open the oven door for at least ¼ of an hour after the cake has been put in. Great care must be taken when baking these cakes that they are not shaken at all, and that the oven door is shut very carefully, as any sudden draught of air would cause the cake to sink.

SWISS ROLL. (Plate 31). *Time*—8 *to* 10 *minutes.*
(*Gâteau à la Suisse.*)

2 eggs; 2 ozs. of butter; ½ teaspoonful of baking powder; a pinch of salt; weight of the eggs in flour and castor sugar; vanilla, or any flavouring essence; jam.

Grease a flat Swiss roll tin and line it with greased paper (see page 305). Make the cake according to directions for Foundation Cake (page 312). Put the mixture on to the tin, spreading it over very evenly and bake in a hot oven for about 8 minutes or until firm to the touch. In the meantime warm about 2 tablespoonsful of jam, and spread a sheet of white paper on the table, sift castor sugar over it. When the cake is cooked turn it out quickly on to the

sugared paper. Remove the greased paper as quickly as possible, cut off the edges of the cake with a sharp knife, spread the jam over and roll the cake quickly. Place it on a wire sieve or tray to cool. *Note.*—A Swiss roll must never be over-cooked or it cracks when rolling, and it must be very quickly manipulated after it is cooked, otherwise it is liable to crack.

A Genoese Pastry (page 313), or simple sponge cake mixture may be used for Swiss roll in place of the above.

A Victoria Sponge Sandwich mixture is made according to this recipe, but it should be placed into two round greased sandwich tins, lined with greased paper. It is then cooked for 8 to 10 minutes and turned out to cool on a sieve. Spread jam, whipped cream, butter cream, or lemon curd on one piece and put the other on the top; either sift castor sugar over or ice it with glacé icing.

Chocolate Swiss Roll is made in the same way, adding to the mixture just before stirring in the flour 2 ozs. of grated chocolate melted over low heat in 1 tablespoonful of water. When baked roll according to the directions for Swiss roll. When cold, unroll and spread over butter icing (see below) flavoured with vanilla and again roll.

ALMOND PASTE OR ICING.

1 lb. of ground almonds; rose water or orange flower water; 1½ lbs. of castor sugar; whites of about 3 eggs.

Put the almonds into a mortar and pound them a little with the orange flower water or the rose water. Add the sugar and the beaten whites of the eggs gradually, pounding them until a fairly stiff paste is formed. The exact amount of white of egg cannot be given, but it should be added gradually. Either whites or yolks of eggs may be used, or both if desired. The yolks make a richer, yellower paste and the whites a drier, paler paste. When well mixed, knead with the hand, as the paste should be perfectly smooth and just soft enough to work it easily over the cake. When ready, roll it out to about one inch in thickness, then level the top of the cake and turn it upside down, as the bottom of the cake is always level. Brush the top over with the slightly whipped white of an egg. Roll out the almond paste into a round to fit the top of the cake and reach about 1 inch down the sides, then put it on the top of the cake and roll it perfectly even with the rolling pin and press it evenly down the sides. Put the cake into a cool oven to dry and harden the icing. The glacé or Royal icing must not be used until this icing is perfectly cold. Sometimes the sides of the cake are coated with almond paste as well. In this case the cake must be brushed over with a little apricot jam rubbed through a sieve, and the almond paste is then rolled out rather thinly into a strip

the depth and circumference of the cake. Press it on to the cake and make the edges as smooth as possible, with a sharp smooth edge where it joins the top. A broad-bladed knife or a palate knife dipped in water enables the almond paste to be levelled quite smooth. Almond paste may be worked up into fancy shapes, cut into leaves and made into balls or any shape liked. It may be coloured by working carmine or cochineal or any vegetable colouring into it until the desired colour is obtained.

BUTTER ICING.

4 ozs. of butter; flavouring; ½ lb. of icing sugar.

If using salt butter, it should be washed well and all the moisture pressed out in a cloth. Put the butter into a basin and beat it with a wooden spoon until quite creamy. Sift the sugar and add it gradually. Continue beating, then add any flavouring or colouring liked.

This icing is much used for putting inside layer cakes or for decorating large or small fancy cakes. It may be put into or facing bag with any kind of pipe.

For **Mocha or Coffee Icing** add a little very strong black coffee or essence.

For **Chocolate Icing** dissolve 2 ozs. of grated chocolate in 1 tablespoonful of hot milk or water. When cool add to the icing.

GLACÉ ICING.

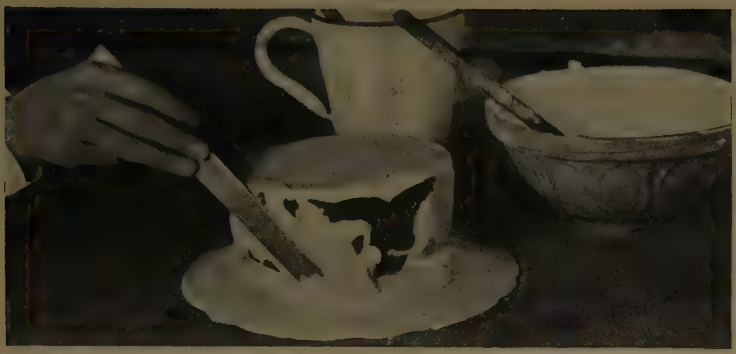
Flavouring; ½ lb. icing sugar; 2 or 3 tablespoonsful of water or other liquid.

Rub the icing sugar through a hair sieve into a very clean saucepan. Add the water gradually and mix it to a rather liquid paste. Add any flavouring or colouring desired and put the saucepan over low heat and stir with a wooden spoon until the sugar melts, but on no account let it get too hot. It should be just thick enough to coat the back of the wooden spoon. Pour it over the cake at once. Should the sides of the cake not be completely covered, lift up the icing which has run on to the plate with a knife dipped in cold water and smooth it over the sides of the cake, but on no account touch the top of the cake after it is once coated, or it will not look smooth. The decorations should be placed ready before making the icing, as they should be put on before the icing sets. This icing may be coloured and flavoured as desired.

Chocolate Glacé Icing.

3 ozs. of grated chocolate; ½ gill of water; ½ lb. of icing sugar.

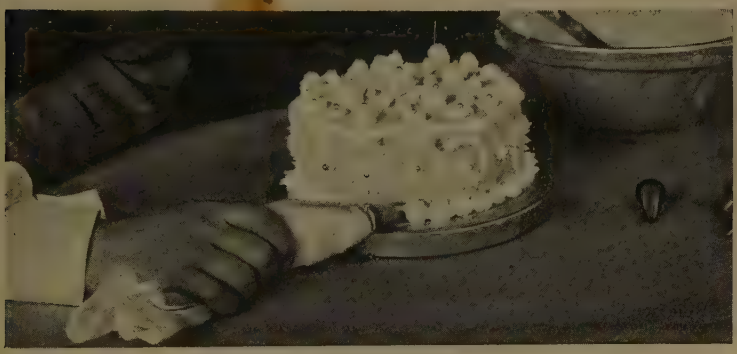
Put the water and chocolate into a saucepan, stir over the fire until the chocolate melts, then boil for 5 minutes. Cool slightly, then stir in the icing sugar. Stir over very low heat for a minute to slightly melt the sugar, then pour the icing over the cake.



I.



II.

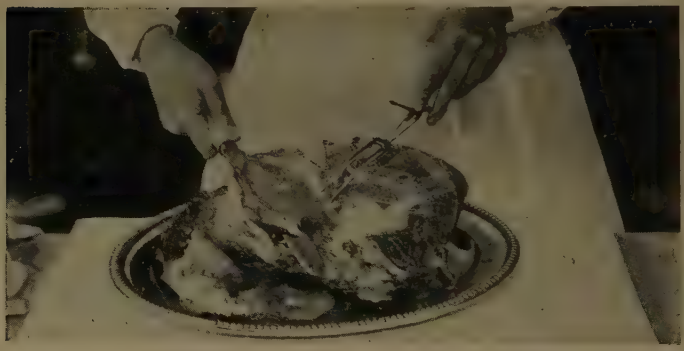


III.

ICING A CHRISTMAS CAKE. (*See page* 319.)



SHOULDER OF MUTTON. (*See page* 344.)



UNDERCUT OF SHOULDER. (*See page* 344.)



SADDLE OF MUTTON. (*See page* 344.)

ROYAL ICING.

1 lb. of icing sugar; the juice of 1 lemon; the whites of 2 eggs.

Rub the icing sugar through a hair sieve into a basin, make a well in the centre, put in the slightly beaten whites of the eggs and a little of the lemon juice and mix all to a moist paste, using more lemon juice as required. The whites of the eggs must be stirred gradually into the sugar and the icing must be beaten very quickly until perfectly smooth. It takes about 10 minutes or more to beat. When ready to use, the spoon should be able to stand up in it without falling. If not required immediately, it may be covered with a damp cloth provided pieces of stick are placed over the icing to keep the cloth from falling down on it. Should the icing look too yellow, a tiny pinch of washing blue may be added to the sugar.

To Ice a Cake with Royal Icing (see plate 35)—The cake must be perfectly flat; therefore, should it not be coated first with almond paste, the cake should be cut straight and turned upside down, as the bottom is always level. If a revolving cake stand be available, place the cake on this; if not, place it on an inverted plate put on a dish. Have ready a jug of cold water and a broad-bladed knife. Pile sufficient icing on the cake to cover it, then with the knife dipped in cold water smooth this, making it perfectly even. Place the point of the knife on the centre of the cake and move the stand round until a complete circle has been made, when the top of the cake should be perfectly smooth. If no revolving stand be available, a little practice is required to smooth the cake evenly, but the knife should be brought smoothly across the cake in one direction.

To Ice the sides of the Cake place some more icing on the sides and spread it round roughly with a knife, then hold the knife in a slanting position against the sides of the cake and turn the stand round. Should no stand be available, smooth it as well as possible with the knife. Allow this icing to dry. For a wedding, birthday or christening cake, two or three layers of icing are put on, but each coat must be dry before putting on the next. The cake may then be decorated according to taste. If decorated with the icing, this must be put into a forcing bag. These bags are supplied with various pipes such as rose, shell or writing pipes of various thicknesses. Fold down the top of the bag, then fill up with icing, draw up the folded portion and give it a twist, then press the icing slowly through the tube. Icing which is used for practising purposes may be used over and over again provided it is beaten up and not allowed to harden. Any Royal icing which drops down on to the dish while icing may be returned to the basin, beaten up and used again. This icing may be coloured and flavoured as desired.

BEVERAGES

To make Tea—Coffee—Chocolate—Cocoa—Syrups—Punch—Soft Drinks—Cocktails.

TO MAKE TEA.

(*Le Thé.*)

Water for making tea must be freshly boiled. It is not advisable to use water which has already boiled and is then put on the fire to re-boil. A teapot must be kept properly clean and must never be put away with the tea leaves in it. Always warm the teapot before making the tea by pouring in a little boiling water or by letting the teapot stand in a warm place. The usual proportion of tea is 1 teaspoonful per person and 1 for the pot, but if tea is being made for a large number of people, a smaller proportion may be allowed.

Put the tea into the warmed pot, then half fill the teapot with absolutely boiling water. Let it stand for 3 minutes in a warm place, fill up the teapot with boiling water and pour out the tea at once. Tea should never be allowed to stand.

RUSSIAN TEA.

(*Thé à la Russe.*)

Russian tea is made in the same manner as above, but instead of serving it with milk, slices of lemon are handed. The lemon should be wiped and thin slices cut through the rind and pulp. A slice is put into each cup.

ICED TEA.

(*Thé Frappé.*)

Make the tea as above, let it infuse for 3 or 4 minutes, strain it into a jug and let it become cold, then put some crushed ice into a large glass with a slice of lemon and sugar, if desired, and fill it up with the cold tea. This is a very refreshing drink in hot weather.

COFFEE.

(*Le Café.*)

All houses should possess a coffee mill and all housewives should grind their own coffee, but if a mill is not obtainable it is advisable to buy coffee in small quantities only from a reliable dealer, where it is roasted daily.

It is not advisable to use chicory, as it gives a slightly bitter taste to coffee, but some people prefer it, and this is a matter of individual taste.

The usual proportions for making coffee are 1 tablespoonful of freshly ground coffee per person. The water must be freshly boiled and absolutely boiling as for tea.

There are various kinds of coffee pots on the market, most of them being fitted with a percolator of some sort. Should no percolator be supplied, sew a muslin bag on to a metal ring, which should fit the inside of the coffee pot. Pour some boiling water through the bag into the coffee pot, then empty it. Put the coffee into the bag or percolator and pour the boiling water gently over the coffee, letting it filter slowly. Keep the coffee pot in a warm place while making the coffee, and continue pouring through the boiling water until the requisite amount is used. Half a pint of water is sufficient for one heaped tablespoonful of coffee, but when the coffee is required stronger, less water can be used. When milk is served with coffee it is always hot.

TURKISH COFFEE.

(*Café à la Turque.*)

The coffee should be ground freshly if possible, and allow 1 tablespoonful of coffee to a teacupful of water. Put the coffee into a pan, pour the boiling water over, bring it to the boil and stir the froth on the top with a spoon two or three times. Remove the pan from the fire, add two or three drops of cold water, and then boil it again. Do this three times in all, bringing the coffee each time just to the boil. Let it stand in a warm place for a few minutes to settle, then strain into a coffee pot or into the cups. Hand sugar and milk, if desired, but real Turkish coffee is drunk rather sweet without any milk. Sometimes sliced lemon is handed also.

BLACK COFFEE.

(*Café Noir.*)

Black coffee is very strong clear coffee served without milk. Hand sugar. Sometimes brandy or liqueurs are handed also.

VIENNESE COFFEE.

(*Café à la Viennoise.*)

This is very good strong coffee served with a spoonful of whipped cream on the top of each cup.

ICED COFFEE.

(*Café Frappé.*)

Iced coffee is made either with or without milk, sweetened, and when cold set in a vessel of chopped ice until thoroughly chilled.

It should be poured into glasses with a spoonful of iced whipped cream placed on the top. Another method of serving iced coffee is to mix it with milk, and when cold place it on ice. Hand sugar.

CHOCOLATE. *Time*—12 *to* 15 *minutes.*
(*Le Chocolat.*)

2 ozs. of plain chocolate; 1 pint of milk; 1 gill of water; sugar to taste.

Grate the chocolate or scrape it with a knife into a pan. Add the water and stir over the fire with a wooden spoon until thick, then work it very quickly with the spoon to make it frothy, stirring the boiling milk in gradually. If stirred very vigorously the chocolate should become very frothy.

To Mill Chocolate.
(*Chocolat Mousse.*)

The chocolate may be put into a chocolate pot which is fitted with a lid, through which a small wooden beater passes. The chocolate can be whisked with this beater without any trouble and thus becomes frothy. The boiling milk is added gradually, milling the chocolate the whole time. For richer chocolate a spoonful of whipped cream may be put into each cup.

COCOA.
(*Le Cacao.*)

1½ teaspoonsful of cocoa; sugar to taste; 1 breakfastcupful of boiling milk.

Put the cocoa into a breakfast cup, add a little milk very gradually, mix it smoothly to a paste, then fill the cup up with the milk and sweeten to taste.

Another method of making cocoa is to mix the cocoa to a paste with a little cold water and pour on either boiling milk or half milk and half water. Return all to the pan, boil up and serve.

GINGER BEER. *Time*—3 *days.*
(*Bière au Gingembre.*)

5 lbs. of loaf sugar; 3 gallons of water; ½ teacupful of brewer's yeast; 3 ozs. of ground ginger; 5 lemons; slice of toast.

Boil the sugar, ginger and water for 1 hour. When cold, add the juice and thinly peeled rind of the lemons. Put the yeast on the toast and add. Put all into a tub and cover it with a thick cloth or rug for two or three days, then strain it through a cloth, bottle it and cork securely, and tie the corks down. This will be ready to drink in four or five days. If stronger ginger beer is desired, add a little more ginger.

LEMONADE.

Time—*About* 2 *hours.*

(*Limonade.*)

4 lemons; 2 or 3 ozs. of loaf sugar; 1 quart of boiling water.

Wipe the lemons with a damp cloth, then rub the sugar on the rind until all the yellow rind is removed. Put the sugar into a jug, pour the boiling water over and let it stand for some time, then squeeze out all the juice from the lemons. Remove the white skin and pips and add the lemon juice to the water. When quite cold, strain this into a glass jug and use. If desired, a little crushed ice may be added to this.

LEMONADE WITH CITRIC ACID.

Time—15 *minutes.*

(*Limonade à l'Acide Citrique.*)

1 oz. of citric acid; 1½ quarts of water; 1½ lbs. of loaf sugar; ½ drachm of lemon essence.

Boil the sugar and water for 10 to 15 minutes or until syrupy. Skim, and when nearly cold, pound the citric acid and add it with the lemon essence to the syrup. Mix well and, when cold, keep in a well-corked bottle. One or two tablespoonsful are sufficient for a tumbler of water.

ORANGEADE.

Time—2 *hours.*

(*Orangeade.*)

4 oranges; 2 ozs. of sugar; 1 pint of water.

Remove the yellow peel very thinly from the oranges, put it into a jug and pour the boiling water over. Cover and leave until cold. Put the sugar and ½ gill of water into a pan, stir until the sugar has melted, then boil to a thin syrup for about 10 minutes. Skim and add the strained juice of the oranges, then strain in the water from the peel. Taste and, if too strong, add more water. This may be served with or without crushed ice.

CLARET CUP.

Time—2 *to* 3 *hours.*

(*Vin de Bordeau Frappé.*)

1 bottle of claret; 1 bottle of soda water; a sprig of borage; sugar to taste; 1 glass of sherry; peel of ½ lemon; a few slices of cucumber; ice.

Wipe the cucumber, cut it into slices without peeling it. Peel the lemon thinly, put the peel into a jug with the claret, sherry and sugar to taste. Leave on ice until required, then add the soda water. If desired, a little crushed ice may be put in each glass when serving.

MILK PUNCH.

Time—18 *hours.*

(*Punch au Lait.*)

1 quart of rum; 1 Seville orange, 6 lemons;; ½ lb. of loaf sugar; ½ pint of tea; 1 quart of cold water; ½ nutmeg; ½ pint of boiling milk.

Remove the yellow part from the orange and lemon peels as finely as possible. Put them into a jug, add the rum, cover and leave for 12 hours, then add the water, sugar, ½ pint of lemon juice, the tea and grated nutmeg. Mix very well, then gradually stir in the boiling milk. Let this stand for about 6 hours, then strain through a clean cloth or jelly bag until clear. Put into bottles.

SHERRY COBBLER.

(*Punch de Madère.*)

½ pint of sherry; 1 oz. of castor sugar; 1 bottle of soda water; a spray of mint; 2 slices of lemon; ice.

Mix the sherry and sugar, take the leaves off the mint and put two or three into the sherry. Add the sugar, slices of lemon and bottle of soda water. Put a little crushed ice in each glass and pour the mixture on to it.

TO MULL ALE.

Time—10 *minutes.*

(*Bière Chanelle.*)

1 pint of ale; grate of nutmeg; sugar to taste; 3 cloves; yolks of 4 eggs.

Keep back about 2 tablespoonsful of the ale, put the rest into a saucepan with the cloves, nutmeg and sugar; bring to the boil, then take it off the fire and cool slightly. Beat up the yolks of the eggs and mix them with the cold ale which was kept back, then gradually stir them to the warm ale. Pour it backwards and forwards from the pan to the basin 2 or 3 times, then put it over a low fire and stir until hot, but not boiling, and serve with dry toast.

SYRUPS.

BLACKBERRY SYRUP.

Time—About 2 hours.

(*Sirop de Mûres Sauvages.*)

4 pints of blackberry juice; 4 lbs. of sugar; 4 pints of water; ½ nutmeg and 1 wineglassful of brandy to each quart of syrup.

Pick the blackberries, put them into a jar, place this in a pan of water, bring to the boil, and simmer until the juice flows freely from the blackberries. Strain and measure this juice. Put the sugar and water into a pan, stir until the sugar has melted, then boil without stirring until thick and syrupy, about 15 to 20 minutes. Strain this into 4 pints of blackberry juice, and to each quart of syrup add half a nutmeg grated. Bring to the boil, boil for 15 to 20 minutes, then

add ½ wineglassful of brandy to each pint of syrup. Cork securely. Eight to 10 quarts of blackberries make about 4 pints of juice.

RASPBERRY SYRUP.

Time—½ hour to boil.

(*Sirop de Framboises.*)

Choose ripe juicy raspberries, remove the stalks, put the fruit into a basin and bruise it well. Leave it in a cold place for 24 hours. Strain off all the juice, measure, and to each pint add ½ lb. of loaf sugar. Boil gently for about half an hour. Remove all scum and, when cold, put the mixture into clean dry bottles and cork well.

RASPBERRY VINEGAR.

Time—2 days to stand.

(*Vinaigre de Framboises.*)

4 quarts of raspberries. To every pint of juice allow 1½ lbs of loaf sugar and 1 quart of vinegar.

Pour a quart of the vinegar over 2 quarts of the raspberries and let it stand for 24 hours, then strain this through a sieve without pressing the fruit. Pour this liquor on to the remaining raspberries, leave for 24 hours and again strain. Measure this juice and to each pint allow 1½ lbs. of loaf sugar. Put all into a deep jar, place this in a pan of hot water until the sugar has dissolved, remove all scum, boil until no more scum rises, leave until the next day, then put it into bottles. When cold, cork securely, and keep in a cold place.

COCKTAILS.

GIN COCKTAIL.

(*Cocktail de Genièvre.*)

1 wineglassful of unsweetened gin; 10 drops of sugar syrup, a small piece of lemon peel; 10 drops of orange bitters; ice.

Crush some ice and half fill a tumbler with it. Pour over the gin, add the syrup and bitters. Cover the glass and shake well, then strain it into cocktail glasses, put a small piece of lemon peel on the top, and serve.

SUGAR SYRUP.

Boil 1 lb. of loaf sugar with 1 pint of water for 20 minutes. Remove all scum as it rises.

MANHATTAN COCKTAIL.

(*Cocktail Manhattan.*)

¼ gill of Vermouth; about 10 to 20 drops of Angostura bitters; crushed ice; about 30 drops of curacao; ¼ gill of whisky; small piece of lemon peel.

Half fill a tumbler with crushed ice and pour over the other ingredients. Shake and stir up well, then strain into a cocktail glass and put a small piece of lemon peel on the top and, if liked, a glacé

cherry. *Note.*—If gin be used in place of whisky, this is called a Martinez cocktail.

MARTINI COCKTAIL.

(*Cocktail Martini.*)

About 30 drops of orange bitters; ½ wineglassful of dry (unsweetened) gin; ½ wineglassful of Martini-Rossi Vermouth; ice; small piece of lemon peel.

Half fill a tumbler with crushed ice, pour in the other ingredients, shake and stir well, then strain into cocktail glasses. Put a small piece of lemon peel on the top.

MOONLIGHT FIZZ.

(*Cocktail Clair de Lune.*)

1 wineglassful of gin; soda water; white of an egg; 1 teaspoonful of lemon juice; crushed ice; 1 teaspoonful of castor sugar.

Beat up the white of the egg very well. Mix the gin, lemon juice and sugar and a tablespoonful of crushed ice. Add the white of egg and shake well. Then strain it into cocktail glasses and fill it up with soda water.

Sunlight Fizz is made in the same way, adding the yolk instead of the white of egg.

MINT JULEP.

(*Cocktail de Menthe.*)

1 orange; 1 teaspoonful of castor sugar; 1 sprig of mint; 1 wineglassful of gin; crushed ice.

Peel the orange very thinly and squeeze out the juice. Strain the juice into a tumbler half filled with crushed ice, add the washed mint, sugar, and a strip of thinly peeled orange rind. Put in the gin and serve. *Note.*—If preferred, brandy may be used in place of gin.

SHANDY GAFF.

(*Shandygaff.*)

Equal parts of ale and ginger ale. Mix well together, add crushed ice and serve.

SLOE GIN COCKTAIL.

(*Cocktail de Genièvre de Prunelles.*)

½ wineglassful of sloe gin; ½ teaspoonful of orange bitters; ½ wineglassful of dry gin; small piece of lemon peel; crushed ice.

Half fill a tumbler with the ice, pour over the other ingredients. Cover and shake well. Strain into small glasses and serve with a small piece of lemon peel on the top. Sometimes instead of serving with a piece of lemon peel, a piece of lemon peel is held over the cocktail and twisted with the fingers to extract the oil.

PRESERVES AND PICKLES

Rules for Jam Making and Pickling.

Recipes for Jams, Jellies, Marmalades and Preserves, Pickles, Chutneys.

GENERAL RULES FOR JAM AND JELLY MAKING.

Use perfectly sound, just ripe fruit, gathered on a dry day, and used as fresh as possible.

Use the best sugar—loaf, preserving or granulated. If too much sugar be used the flavour of the fruit is lost; too little sugar means waste, as the jam has to be boiled so long that it wastes considerably.

Stir jam with a wooden or silver spoon.

Keep the jam skimmed, as if the scum boils down into it, the jam is discoloured, and the flavour less delicate.

The fruit should simmer until soft, but once the sugar is added the jam must boil very fast—so fast that it bubbles all over.

JAM.

TO TEST JAM.

To ascertain if the jam is sufficiently boiled, put a spoonful on a plate and leave it in a cold place. If a thin skin forms over it, or if the jam sets, it is ready.

Remove the pan from the fire while testing the jam, as if it continues to boil, the jam may be spoilt. Should the jam not set, return the pan to the fire and boil a little longer.

Jam must be put into perfectly clean, dry jars, which must be kept in a warm place while the jam is being made. If put into cold jars, they may crack when the hot jam is put into them. The jars should be quite full. If not properly filled, air is liable to get into the jars and the jam ferments or becomes mouldy.

TO COVER JAM.

Cover the jars either directly they are filled, while the jam is still hot, or when the jam has become quite cold; they must not, however, be covered while the jam is lukewarm.

Wipe round the rim of the jar with a cloth wrung out in hot water. Prepare some rounds of wax or tissue paper to fit the inside of each jar. Dip these in some spirit, such as brandy, whisky or gin, then place them on the top of the jam. Cover this with parchment or gummed paper. The parchment paper should be slightly wet before putting it on. It is tied on with fine string. Gummed

paper is pressed well down the sides of the jar. Label each jar with the name of the jam, the number of the pots and the date on which it was made.

TO STORE JAMS.

When cold store all jams in a cool, dry place.

JELLIES.

In making fruit jellies, it should be remembered that in under-ripe fruit there exists a vegetable jelly called pectose, which loses its power of setting if the fruit becomes over-ripe. The same thing happens if the fruit juice is over-cooked, and no amount of boiling will then make a jelly set, it only turns syrupy. If this happens, gelatine or isinglass must be used, in the proportion of ½ oz. of gelatine or isinglass to 1 pint of juice. The jelly must be used as soon as possible if gelatine or isinglass be added.

Apples contain so much more pectose than other fruit that very often apple juice is added to fruits which are deficient in pectose.

Loaf sugar is best for making jelly, though it can be made with granulated sugar. Under-ripe, perfectly sound fruit, gathered on a dry day, must always be chosen. Warm the sugar in the oven before adding it to the fruit juice.

Jellies must always be put into small jars, as they do not set well in large ones.

Jellies are tested in the same manner as jams. For covering and storing, see the rules for jam (page 327).

REMEDIES.

If signs of fermentation or mould appear on the top of any jars of jam, open the jars, skim off the affected part and re-boil the rest. Put it back into perfectly clean dry jars. If badly fermented, however, nothing can be done to save the jam.

If jam does not set when boiling, this is usually because it has not been boiled fast enough or too much water has been added to it. Half an ounce of seed pearl tapioca may then be added to each pound of jam. Soak the tapioca for 12 hours, then return the jam to the pan, bring to the boil, put in the tapioca, and boil until it is clear. Put it into pots and cover. Jam treated in this way will not keep long.

Gelatine may be used to stiffen jam, but unless the jam is to be used immediately, it is not wise to stiffen it in this way, as gelatine proves a hotbed for breeding microbes.

USEFUL TIPS.

Some jams lose weight considerably. Watery fruits yield a much smaller proportion of jam than dry, hard fruits, as it takes

longer to set and therefore wastes a good deal during the boiling. Gooseberries, plums, damsons, greengages, black currants, blackberries, if made with ¾ lb. of sugar to each lb. of fruit should not lose more than 1/7th of their value when boiling. 8 lbs. of any of the plums and 6 lbs. of sugar should yield 12 lbs. of jam. Soft berries, such as strawberries, raspberries, red currants (especially strawberries) yield a much smaller proportion of jam, as they are very watery, and in wet weather the yield is still less—10 lbs. of such fruit and sugar very often only give 7 lbs. of jam.

Some berries contain so much juice that very little water is required. The drier fruits, such as apples, pears and plums, require more water to enable the juice to flow.

JAMS.

APPLE JAM.

Time—40 *to* 50 *minutes.*

(*Confiture de Pommes.*)

4 lbs. of sour cooking apples; 2 lemons; 1 saltspoonful of ground cinnamon; 3 lbs. of preserving or granulated sugar; ½ pint of cold water.

Peel, core and slice the apples. Place them in a preserving pan, add the sugar, the finely shredded rind and juice of the lemons, cinnamon and water, and simmer gently over low heat until the apples are reduced to a pulp. Skim and stir frequently to prevent the mixture sticking to the pan. Pour into clean, dry jars, at once. Cover and store.

BLACKBERRY JAM.

Time—¾ *hour.*

(*Confiture de Mûres Sauvages.*)

To each pint of blackberry pulp allow ¾ lb. of sugar.

Wash the blackberries, remove the stalks, put the fruit into a preserving pan over low heat, and simmer gently, pressing them well with a wooden spoon until the juice flows freely. Rub them through a hair sieve, and measure the pulp. Return it to the pan with the requisite amount of sugar, stir until the sugar has melted, bring to the boil, and boil fast until the jam sets when tested. Cover and store.

BLACKBERRY AND APPLE JAM.

Time—¾ *hour.*

(*Confiture de Pommes et de Mûres Sauvages.*)

Equal quantities of blackberries and cooking apples; ¾ lb. of sugar to each pound of fruit; water.

Prepare the fruit as for boiling, put it into a pan with sufficient water to keep it from burning, simmer until the fruit is soft, add the sugar, stir until boiling, then boil fast until the jam sets when tested. Remove all scum. Cover and store.

Blackberry and Marrow Jam may be made in the same way, using marrow instead of apples, but if desired, when the fruit is

soft, it may be rubbed through a hair sieve and the sugar added to the pulp.

BLACK CURRANT JAM. *Time—¾ to 1 hour.*
(*Confiture de Groseilles Noires.*)

To each lb. of fruit allow ¾ lb. of sugar.

Gather the currants when dry and ripe, remove the stalks then weigh. Put them into a deep dish, cover them with the sugar and leave overnight, then put them into a pan, and finish as for blackberry and apple jam.

WHITE OR RED CURRANT JAM.
(*Confiture de Groseilles Blanches ou Rouges.*)

The same proportions of sugar are allowed for these jams, but as their skins are not so tough, they may be put straight into the preserving pan with the sugar and, after the sugar has melted, boiled fast until the jam sets when tested.

CHERRY JAM. *Time—¾ to 1 hour.*
(*Confiture de Cerises.*)

¾ lb. of sugar and 3 tablespoonsful of water or red currant juice. to each 1 lb. of cherries,

Put the sugar into a preserving pan, remove the stalks from the cherries, place a layer on the sugar, then continue alternate layers of cherries and sugar. Add the red currant juice or water and place all over low heat. Bring to the boil, shaking the pan constantly, but do not stir; boil quickly, shaking them often. Remove the scum as it rises. When the cherries look clear and the syrup sets when tested, put all into pots. Cover and store.

GREEN GOOSEBERRY JAM. *Time—45 minutes.*
(*Confiture de Groseilles.*)

To each lb. of gooseberries allow ¾ lb. of preserving or granulated sugar and ¼ pint of water.

Select gooseberries that are quite fully grown but not ripe. Wash, top and tail the fruit. Dissolve the sugar in the cold water, boil up, simmer for about 15 minutes, and remove the scum as it rises. Then put in the fruit, boil from 35 to 40 minutes, or until the jam sets when tested. Pour it into clean, dry pots. Cover and store.

Ripe Gooseberry Jam. Put the fruit into a preserving pan with just enough water to prevent it from burning. Bring to the boil, skim, weigh and add ¾ lb. sugar to each pound of fruit. Then finish as above.

PLUM JAM.

Time—1 *to* 1½ *hours.*

(*Confiture de Prunes.*)

To each lb. of plums allow ¾ lb. of sugar, and to each 6 lbs. of fruit 1 pint of water.

Wash and dry the plums, cut them in halves and remove the stones, or make a slit in them and skim off the stones as they rise in the pan. Put them into a preserving pan with the water, bring to the boil, then simmer gently until soft. Stir occasionally. Add the sugar, and finish according to the directions for blackberry and apple jam. It takes from 20 to 30 minutes to stiffen.

Note.—**All kinds of Plums, Greengages and Damsons** may be made into jam according to this recipe. In making greengage jam a few of the stones may be cracked and the kernels skinned and added to the jam.

Plum and Apple, and Damson and Apple Jam may be made in the same manner, allowing equal quantities of each fruit. Peel, core and slice the apples, add them to the stoned plums, put them into a preserving pan with ½ a pint of water, and simmer until soft; then add ¾ lb. of sugar to each 1 lb. of fruit, and finish as above.

RASPBERRY OR LOGANBERRY JAM.

(*Confiture de Framboises.*) *Time*—40 *minutes.*

To each 1 lb. of fruit allow 14 ozs. of preserving sugar.

Pick over the fruit and reject any which is unsound. Remove the stalks, put the fruit into a preserving pan over low heat and simmer very gently for a few minutes, pressing them against the pan with a wooden spoon. Simmer for about 20 minutes, then add the sugar, stir until it has dissolved, then boil fast until the jam sets when tested. Put into warm jars. Cover and store. *Note.*—Raspberry jam is much improved by the addition of red currants. Allow about ½ lb. of red currants to each 1 lb. of raspberries and ¾ lb. of sugar to each 1 lb. of fruit. Make as above.

STRAWBERRY JAM.

Time—1 *hour.*

(*Confiture de Fraises.*)

To each lb. of strawberries allow ¾ lb. of sugar.

Gather or buy the fruit on a dry day and reject any which is unsound or under or over-ripe. Remove the stalks, put the fruit into a preserving pan over low heat, and simmer gently until the juice flows freely, about ½ hour, stirring constantly. Add the sugar, stir until it has dissolved, then boil fast for ½ hour or until the jam sets when tested. Remove all scum as it rises. Put the jam into pots. Cover and store.

VEGETABLE MARROW JAM. *Time*—1½ *to* 2 *hours.*

(*Confiture de Courges.*)

To each 1 lb. of marrow allow ¾ lb. of sugar, 1 lemon and ¼ oz. of ground ginger.

Peel the marrows, remove the seeds, and cut the pulp into small dice, and weigh. Grate the rind and extract the juice of the lemon. Put the pulp, lemon rind and juice, with the sugar into a basin with the ginger tied in a muslin bag, and leave all night. Next day, pour the juice which has formed in the basin into a pan, bring to the boil, then add the marrow pulp. Boil together for about 1 to 1½ hours, or until the pulp becomes transparent and the syrup sets when tested. Put into pots. Cover and store. *Note.*—Oranges may be used in place of lemons.

Cucumber or Pumpkin Jam may be made in the same way.

MARMALADES.

LEMON MARMALADE. *Time*—2½ *hours.*

(*Marmelade de Citrons.*)

To 1 lb. of lemons allow 1 pint of water and 2 lbs. of loaf sugar.

Wipe the lemons, put them into the water and boil for 2 hours. Change the water once, adding the same quantity of fresh boiling water. Then cut the lemons into thin slices and remove all pips. To each pound of sugar required allow ½ pint of the liquor in which the lemons were boiled. Put both into a pan and, when the sugar has melted, add the fruit and boil for ½ hour, or until the marmalade sets when tested. Cover and store.

ORANGE MARMALADE. *Time*—2 *hours.*

(*Marmelade d' Oranges.*)

To every 6 Seville oranges allow 1 large lemon and 2 sweet oranges. 1½ lbs. of preserving sugar to each 1 lb. of pulp. 1½ pints of water to each 1 lb. of fruit.

Remove the yellow rind from the fruit, and shred it very finely. Take off all the white pith and slice the pulp. Put the pips into a basin with a pint of cold water and put the pulp and orange rind into another large basin with the water. Cover and leave for 24 hours. The next day put the fruit and water into a preserving pan, add the strained liquor from the pips and boil all for 1 hour. Pour this into a basin and leave until the next day. Weigh this pulp and to each lb. allow 1½ lbs. of sugar. Put all into the preserving pan, stir until the sugar has melted, and boil fast until the marmalade sets when tested. Put into pots. Cover and store.

ORANGE MARMALADE No. 2. *Time*—2 *hours.*

(*Marmelade d' Oranges.*)

4 Seville oranges; 4 sweet oranges; 2 lemons; 1 pint of water for the pips; 6 lbs. of sugar; 8 pints of water.

Wipe the fruit and grate as much as possible of the coloured and white skin of the oranges and lemons on a suet grater direct into

the water which is measured into a large vessel. Remove any pith remaining with a sharp knife, shred it finely and add to the water. Cut the pulp into fine slices on a plate, remove the pips and the hard white core in the centre. Place the fruit slices and any juice into a pan with the water and peel. Put the pips with the pint of water into another basin, and let all stand for 24 hours. Then put the fruit and water into a preserving pan, add the strained water from the pips, bring to the boil, and simmer for 1 hour. Skim well. Add the sugar, stir until it has dissolved, then boil very fast for another hour, or until the marmalade sets when tested. Cover and store.

JELLIES.

APPLE JELLY.

(*Gelée de Pommes.*)

3 lbs. of apples; 1 lemon; 3 pints of water; 1 lb. of sugar to each pint of juice.

Wipe the apples, cut them into quarters without peeling or coring them. Put them into a pan with the water and simmer until soft, then strain through a jelly bag or clean tea cloth; leave them to drain all night. Next day, measure the juice and put it into a preserving pan, and to each pint allow 1 lb. of sugar and a teaspoonful of lemon juice. Stir until the sugar has melted, then boil fast until the jelly sets when tested, about 20 minutes. Skim. Put into small jars. Cover and store. *Note.*—The jelly may be made from the cores and peels of apples only. Put them into a jar and cover with water. Cover the jar and leave it in a moderate oven for about 12 hours, or all night. If the water evaporates, add more water. After the peels have soaked for 12 to 24 hours, strain the water through muslin, measure and put it into a pan. Bring to the boil, and add ¾ lb. of sugar to each pint of juice. Warm the sugar and add it to the juice, stir until it has melted, and boil fast until the jelly sets when tested. Apple jelly may be flavoured with a little stick cinnamon or a few cloves when cooking the fruit or soaking the peel.

Apple Marmalade may be made with the pulp of the fruit after the juice has been strained from it. Rub the pulp through a sieve and to each lb. allow ¾ lb. of sugar and ½ gill of water. Put all into a preserving pan, stir until boiling, then boil from ¾ to 1 hour, stirring almost continuously. Put into pots and cover.

CRAB APPLE JELLY.

(*Gelée de Pommes Sauvages.*)

1 pint of water to each 2 lbs. of apples. ¾ lb. of sugar to each pint of juice.

Wash the fruit and in the case of Siberian crabs, use whole. Cut the larger ones in halves or quarters. Put into a preserving pan

with the water and simmer until soft, then strain through a clean cloth and leave all night. Measure the juice, boil it for 10 minutes, warm the sugar in the oven and add. Finish as for apple jelly (page 333).

BLACK CURRANT JELLY.

(*Gelée de Groseilles Noires.*)

To each pint of black currant juice allow ¾ lb. of sugar.

Pick the fruit on a dry day, wash it and remove the stalks. Put it into a jar, cover and place the jar in a pan of boiling water. Bring to the boil and simmer gently until the juice flows freely. Strain it through a clean cloth, but on no account press the fruit. Warm the sugar in the oven. Measure the juice, put it into a pan, bring to the boil, and boil for 5 or 6 minutes, then add the sugar, stir until it has melted, and boil for about 10 minutes, or until the jelly sets when tested. Cover and store. *Note.*—Two quarts of black currants yield about 1 pint of juice.

Elderberry Jelly is made in the same way, but to each 1 lb. of elderberries allow ½ lb. of apples. The apples are stewed in ½ pint of water to each lb. Then this water is strained through muslin and added to the elderberry juice.

Blackberry Jelly is made in the same way, but if desired, ½ pint of apple water may be added to each pint of blackberry juice.

RED CURRANT JELLY.

(*Gelée de Groseilles Rouges.*)

Allow 1 lb. of sugar to each pint of currant juice.

This is made according to the directions for black currant jelly. Three pints of currants will yield about 1 pint of juice. This jelly is much improved by adding 1 pint of raspberries to each 3 pints of currants, or 1 pint of white currants to 3 pints of the red.

White Currant, Raspberry and Strawberry Jelly may be made in the same manner, allowing equal weights of sugar and raspberry or strawberry juice. These are improved by the addition of 1 pint of red currant juice to each 3 pints of raspberry or strawberry juice.

GREEN GOOSEBERRY JELLY.

(*Gelée de Groseilles.*)

6 lbs. of gooseberries; 1 lb. of sugar to each pint of juice; 4 pints of water.

Top, tail and wash the gooseberries, and put them in a preserving pan with the water, and simmer until well broken; then strain through a jelly bag or cloth without pressing. Measure the juice and boil fast for 15 minutes. To each pint of juice allow 1 lb. of sugar, warm it and add to the juice, stir until melted, then boil fast from 15 to 20 minutes, or until the jelly sets when tested. Skim, pot and cover.



SIRLOIN OF BEEF. (*See page* 342.)



SIRLOIN—UNDERCUT. (*See page* 342.)



LOIN OF PORK. (*See page* 345.)



I—TURKEY. (*See page* 346.)



II—GOOSE. (*See page* 347.)



III—CHICKEN. (*See page* 346.)

BLACK GRAPE JELLY.

(*Gelée de Raisins.*)

Black grapes; to each pint of juice allow ¾ lb. of loaf sugar.

Put the fruit into a saucepan over very gentle heat and press until the juice flows freely. Strain through muslin, but on no account press the fruit. If not clear, strain through muslin two or three times. Measure the juice, and finish as for gooseberry jelly. *Note.*—Two quarts of grapes make about 1 pint of juice.

PRESERVES.

ALMACK'S PRESERVE.

(*Confiture d'Almack.*)

2 dozen apples; 4 doz. plums; 2 dozen pears; 1 lb. of sugar to each lb. of fruit.

Peel, core and slice the apples and pears. Slit the plums and remove the stones. Weigh and put all into a stone jar in layers. Place the jar in a cool oven and cook until the fruit is tender. Rub all through a coarse sieve, put into a preserving pan, add the sugar, stir over a moderate fire until boiling. Then simmer, stirring constantly until the jam sets when tested. Put into small jars. Cover and store. *Note.*—This jam should be as thick as damson cheese and cut into slices when used.

APPLE GINGER.

(*Confiture de Pommes au Gingembre.*)

3 lbs. of apples, weighed after peeling and coring; 1½ pints of water; 3 lbs. of sugar; 4 ozs. of whole ginger; the juice of 2 lemons.

Bruise the ginger well, put it into a pan with the sugar, water and lemon juice, stir until the sugar has melted, then bring very slowly to the boil. Peel, core and cut the apples into quarters, put them into the syrup when boiling, and simmer gently until the apples are clear. Remove the ginger, lift the apple slices with a perforated spoon, put them into jars, then pour the syrup over. The syrup must completely cover the apples. Cover and store.

DAMSON CHEESE.

(*Marmelade de Damas.*)

Damsons; sugar; water.

Wipe and remove the stalks from the damsons. Put the fruit into a large jar with a little water at the bottom. Cover the jar and put it into a slow oven. Cook until the fruit is perfectly soft. Rub through a fine sieve. Weigh the pulp and allow ¾ to 1 lb. of sugar to each 1 lb. of pulp. Put the pulp and sugar into a preserving pan, stir until the sugar has melted, then boil until the pulp becomes quite stiff, for about ¾ of an hour or longer. Stir almost con-

tinuously, especially towards the end. Put into small jars, cover and store, like jam. *Note.*—A few of the stones may be cracked and the kernels added to the pulp with the sugar, if desired.

All Hard Fruit may be made into cheese in this manner, but greengages require less sugar, being sweeter than damsons.

IMITATION PRESERVED GINGER.

(*Gingembre Confit Contrefit.*)

1 vegetable marrow, about 2 lbs. or 2 cucumbers; 1 oz. of whole ginger; 2 lbs. of loaf sugar; ½ pint of water.

Peel the marrow or cucumbers, remove the seeds and cut the pulp into cubes. Bruise the ginger well, put the sugar and water into a pan, stir until the former has melted, then boil to the thread degree (217°). (To test for the Thread Degree. Dip the finger and thumb into cold water and then into the boiling syrup and back immediately into the cold water to prevent burning the fingers. Pinch the syrup between the finger and thumb and draw them apart, when a thread should form which will snap when pulled to a certain extent). Put the ginger and pieces of pulp into the syrup, and simmer until the pulp looks clear, then leave for 24 hours. Strain and boil the syrup again to the thread degree. Again add the pieces of pulp and ginger and boil gently for 1 hour. Put it aside again and repeat the process next day. Then take out the ginger, put the pieces of pulp into pots with the syrup. Cover and store.

Lettuce Stalks or Rhubarb may be made into imitation preserved ginger in the same manner, using 2 lbs. of the lettuce stalks going to seed, or 2 lbs. of rhubarb. The lettuce stalks are well washed and cut into pieces about 2 inches long. The rhubarb is washed, wiped and the strings removed and cut into lengths the same size.

RHUBARB AND ORANGE PRESERVE.

Time—¾ *to* 1 *hour.*

(*Confiture de Rhubarbe et des Oranges.*)

5 oranges; 3 lbs. of rhubarb; 1 lemon; 1½ lbs. of loaf or granulated sugar.

Peel the oranges and lemon carefully, take away any white rind or pith and the pips, slice the pulps into a pan, with the finely cut peel. Wash, dry and cut the rhubarb finely, and add with the sugar. Stir over low heat until the sugar has melted, then boil fast until it sets when tested. Put into clean, dry jars, cover and store in a cool, dry place.

STRAWBERRIES PRESERVED WHOLE.

Time—¾ *hour.*

(*Fraises Confites.*)

To each lb. of fruit allow ¾ lb. of loaf or preserving sugar.

Choose fine ripe fruit. Hull and place the fruit in deep dishes, sprinkle half the sugar over and see that all the fruit is covered with

it, and leave overnight. Next day, strain off the syrup and put it with the remainder of the sugar into a pan and boil until it jellies. Add the fruit and simmer very gently for ¾ hour. Stir very carefully without breaking the fruit, and skim. Put into jars and fill up with the syrup. Cover and store.

PRESERVED TOMATOES.

Time—About 2 hours.

(*Tomates Confites.*)

7 lbs. of tomatoes; 1¾ pints of water; 5¼ lbs. of granulated sugar; 2 lemons.

Choose small plum-shaped tomatoes, either red or yellow. Pour boiling water over them, leave to soak 2 or 3 minutes, then remove the skins. Put the sugar and water into a pan and stir over low heat till the sugar has dissolved, then bring to the boil. Put in the tomatoes and simmer gently till tender. Boil the lemons in water till the peels are tender, then drain and cut them into very thin slices. Remove all pips. Add the slices of lemon to the tomatoes. Simmer until the tomatoes are clear and the syrup begins to thicken. Then remove the tomatoes with a perforated spoon, place them on a flat dish and leave till cold. Boil up the syrup till quite thick, then let it cool. Put the tomatoes into jars, strain the syrup and pour it over them. Cover and store.

PICKLES AND CHUTNEYS.

RULES TO BE OBSERVED IN PICKLING.

Always use the best vinegar. Malt vinegar gives pickles the best flavour. Use glass bottles, where possible. If using earthenware jars, they must be unglazed, as the action of the vinegar on the glaze produces a mineral poison. Never use a metal pan, fork or spoon when making pickles, as the action of the vinegar on the metal also produces a poison. It is best to use granite or enamel pans or unglazed earthenware pans. If the vinegar evaporates in the bottles, add more vinegar, which should be first boiled and allowed to become cold.

Vegetables must be covered for at least 1 inch above the surface. Cork the bottles, then cover them with wet bladder or parchment paper, or even with paraffin wax. Store pickles in a cool, dry place.

Where directions are given for using a " brine strong enough to float an egg," this is made by boiling 6 ozs. of salt to every quart of water.

SEASONS FOR PICKLING.

Artichokes	July.
Beetroot	July.
Cauliflowers	July and August.

Capsicums, yellow, red or green ..	End of July and August.
Cabbage, red	August, or after an early frost.
Cabbage, white	September and October.
Chillies	End of July and August.
Cucumbers	Middle of July and August.
French beans	July.
Garlic	Midsummer to Michaelmas.
Gherkins	Middle of July and August.
Horseradish	November and December.
Melons	End of July and August.
Mushrooms, for either pickling or ketchup	September.
Nasturtiums	Middle of July.
Onions	Middle of July and August.
Radish Pods	July.
Samphire	August.
Shallots	Midsummer to Michaelmas.
Tomatoes	End of July and August.
Walnuts	Middle of July to middle of August.

PICKLED RED CABBAGE.

Time—24 *hours.*

(*Choux-Rouges Marinés.*)

1 large red cabbage; ½ oz. of allspice; salt; 1 quart of vinegar; 1 oz. of peppercorns.

Choose a very firm large cabbage, remove the coarse outside leaves and the centre stalk and wash very well. Cut it into four quarters and cut each section into very fine shreds. Put these on a large sieve or dish and sprinkle them thickly with salt. Leave for 24 hours. Place the cabbage in a cloth, squeeze out all the purple juice, and put the cabbage into jars in layers. Strew the spices and peppercorns between each layer. Have ready some cold boiled vinegar and pour it over the cabbage. Cover the jars and store. This will be fit for use in about 4 days' time.

PICKLED CAULIFLOWERS.

Time—24 *hours.*

(*Chouxfleurs Marinés.*)

Cauliflowers; vinegar. To each ½ gallon of vinegar allow: ½ oz. of peppercorns, ½ oz. of whole ginger; ½ oz. of mace, salt, ½ oz. of mustard seed, 6 cloves, ½ oz. of nutmeg.

Tie the spices in a muslin bag and boil them in the vinegar for about 10 minutes, then remove the bag of spices. Choose white, firm cauliflowers, break them into bunches, wash in salted water and place in a pan of salt and water and bring almost to the boil. Drain, cover with a cloth and leave till cold. Then sprinkle them with salt and leave for 24 hours. Again drain well and put into jars or bottles. Pour over the prepared vinegar, which must completely cover the cauliflowers. Divide the spices into separate muslin bags and place one into each jar. Cover and store.

PICKLED ONIONS. *Time*—15 *minutes to boil the vinegar.*
(*Oignons Marinés.*)

Small button onions; vinegar to cover. To each quart of vinegar required allow: 2 teaspoonsful of allspice, 2 teaspoonsful of peppercorns.

Gather the onions in dry weather and remove the outer skins with a silver knife, as a steel knife spoils the colour of the onions. As the onions are peeled put them into clean, dry jars. Boil the vinegar with the spices and when cold pour it over the onions, filling the jars completely, and divide the spices equally between the jars. Cover with parchment paper, and store in a dry, cool place. This should be ready to use in a fortnight.

INDIAN PICKLE OR PICCALILLI. *Time*—3 *days.*
(*Piccalilli.*)

Any pickling vegetables may be used for this, such as cabbage, cauliflower, French beans, gherkins, pickling onions, nasturtium seeds, capsicums, etc.

To each gallon of vinegar required allow: 1 garlic, 2 sticks of sliced horseradish, 1 oz. of allspice, ¼ oz. of cayenne, 1 oz. of turmeric, 2 ozs. shallots, ¼ lb. of bruised ginger, 2 ozs. of peppercorns, 12 cloves, 2 ozs. of mustard.

Choose a hard white cabbage, remove the outside leaves, wash well, and cut into thin shreds; break the cauliflower into small branches, peel the onions, and wipe the other vegetables. Spread these out on large flat dishes, sprinkle with salt, and leave for 2 days. Drain and dry the vegetables on a cloth or in the sun, then put them into a large jar. Boil the sliced garlic, shallots, grated horseradish, bruised ginger, peppercorns, allspice and cloves in the above proportions, in the vinegar for about 5 minutes, Mix the mustard and turmeric smoothly with a little of the cold vinegar and pour it into the rest. Stir, but do not again boil. Cool and drain the vinegar from the spices. Divide these evenly amongst the different jars and when cool pour the vinegar mixture over. If the vegetables absorb the vinegar, fresh cold boiled vinegar must be added, stirring it in well. *Note.*—If desired, after preparing them, the vegetables may be put into a pan with boiling brine strong enough to float an egg (page 337). Simmer them for 1 minute, then drain and dry them on large dishes in a warm place.

VEGETABLE MARROW PICKLE. *Time*—½ *hour to boil.*
(*Courge Marinée.*)

To each lb. of marrow allow: 1 clove of garlic, ½ lb. of sugar, 1 oz. of mustard powder, 1 oz. of root ginger, 2 chillies, ½ oz. of turmeric.

Peel the marrow, scrape out the seeds, then cut the pulp into strips. Sprinkle these with salt and leave overnight. Drain on a cloth and to each 1 lb. of pulp allow the above ingredients. Mix the mustard flour smoothly with a little cold vinegar, put it with the

rest of the vinegar and other ingredients into a pan, and bring to the boil. Stir in the pulp and boil for about 20 minutes. Leave till cool, then put the marrow into bottles. Divide the spices and pour the vinegar over. Cover and store.

Cucumber and Melon may be pickled in this manner.

PICKLED WALNUTS.

Time—10 *to* 12 *days.*

(*Cerneaux Marinés.*)

Walnuts; vinegar; brine. To each ½ gallon of vinegar allow: ½ oz. each of mace and cloves; 1 oz. each of allspice, ground ginger, mustard seed, black peppercorns and white peppercorns, ! teaspoonful of salt; 2 tablespoonsful horseradish (grated), 1½ ozs. of root ginger.

Pound all the spices and seasonings coarsely in a mortar. Gather the walnuts before the inside shell has formed. Try 1 or 2 of the walnuts with a darning or knitting needle, inserting it in every direction, and if no shell can be felt the walnuts are right for pickling. Scald them by putting into cold water and bringing them to the boil. Drain and rub off the skin with a cloth. Put them into a basin and cover with brine strong enough to float an egg. Leave them for 9 days; stir them twice daily and change the brine every 3 days. Then drain them well and leave them spread on trays in the sun to turn black. Put them in layers in jars with the pounded spices sprinkled between each layer. Boil the vinegar with the horseradish and bruised root ginger and, when cold, strain it over the walnuts. Cover and store.

CHUTNEYS

are an Indian preparation, consisting of sweet, sour and hot ingredients. A good imitation of an Indian Chutney may be made in England, though it is not exactly the same, as the Indian fruits cannot be obtained in this country.

APPLE CHUTNEY.

Time—½ *hour.*

(*Chutney de Pommes.*)

About 5 lbs. unripe sour apples; ½ lb. of Demerara sugar; ½ oz. of garlic; ½ oz. of dry chillies; 4 ozs. of raisins; 1 oz. of salt; 4 ozs. of onions; 4 ozs. of ground ginger; 1 oz. of mustard seed; 1 quart of vinegar.

Peel, core and slice the apples, put them into a pan with the sugar and vinegar, and simmer until the apples are soft. Wash the mustard seed with a little vinegar and dry in a cool oven. Stone and chop the raisins, peel and mince the onions, garlic and chillies. Pound them in a mortar with the ginger and mustard seeds. When the apples are soft, add all the other ingredients and mix well together, then put into small bottles, cover as for pickles, and store. This improves if kept for about three months before using.

CUCUMBER MANGOES.

Time—3 *days.*

(*Chutney de Concombres.*)

8 large cucumbers; 1 gallon vinegar. To flavour vinegar: 1 oz. each black peppercorns, long pepper, root ginger (crushed), mustard seed; ½ oz. each mace cloves and grated horseradish; one clove of garlic.
To stuff cucumbers: 1 oz. grated horseradish, 1 clove of garlic, 1 oz. mustard seed, 1 oz. white peppercorns.

Choose large green, rather under-ripe cucumbers. Cut a piece out of the side of each and remove the seeds with a teaspoon. Pound the grated horseradish, shredded garlic, mustard seed and white peppercorns, and stuff the hollow cucumbers full with this mixture. Replace the strips of cucumber and tie them in place with tape. Boil the vine garand while hot pour it over the cucumbers. Leave until the next day, then drain off the vinegar. Boil up again and pour it over again. Cover with a thickly folded cloth. Boil up the vinegar each day for 3 days and pour it over the cucumbers. Then strain off the vinegar and boil it up with the mace, cloves, ginger, long pepper, mustard seed, horseradish and clove of garlic. Put the cucumbers into jars and then pour the boiling vinegar over. Cover the jars and store. The cucumbers may be cut to fit the bottles before putting them in. This is a very hot chutney.

GREEN GOOSEBERRY CHUTNEY.

Time—1½ *to* 2 *hours.*

(*Chutney de Groseilles Vertes.*)

3 pints of fully grown but unripe gooseberries; 1 lb. of onions; ½ lb. of sultanas; 1 oz. of salt; 1 oz. of ground ginger; ½ a level saltspoonful of cayenne; ½ lb. of raisins; ¾ lb. of Demerara sugar; ½ oz. of mustard seed; ¼ teaspoonful of turmeric; 1 quart of vinegar.

Top, tail and slice the gooseberries; clean and stalk the sultanas, stone and cut the raisins in quarters. Place all together in an enamelled stewpan, add the other ingredients, and pour over the vinegar. Place over very gentle heat and bring gradually to the boil. Simmer for 1 hour, stirring often. Put into jars; cover and store.

LEMON CHUTNEY.

Time—1½ *hours to cook.*

(*Chutney de Citrons.*)

4 large lemons; 4 ozs. of seedless raisins; 1 lb. demerara sugar; 1 lb. of onions; 1 pint of vinegar; 1 oz. of salt; 1 teaspoonful of ground ginger; ½ saltspoonful of cayenne pepper; ½ oz. mustard seed.

Wash the lemons, slice them and remove all pips. Peel and chop the onions, put them on a dish with the sliced lemons, sprinkle with the salt, and leave for 24 hours. Put them into a preserving pan, add all the other ingredients, crushing the mustard seed well before putting it in, and bring to the boil, then simmer until quite tender. Turn into dry jars and tie down when cold. This is a delicious chutney to eat with cold beef.

CARVING

Carving presents no real difficulties ; it simply requires a knowledge, which may soon be acquired, and a little practice, to enable the average person to become an expert carver. No matter how well the joint has been cooked, if it is not properly carved a great deal of it is wasted, as an expert carver understands how to combine the best cuts of the meat with the less choice portions and divide these evenly amongst the diners.

Knowledge of the exact position of the bones in the various joints or birds is necessary, therefore it is best to cut up an uncooked joint and study it.

UTENSILS.

A good and very sharp knife is necessary and a two-pronged fork with a guard. The dish on which the joint is served should be large enough to allow of the joint being carved with ease, and to be turned if required. Gravy should not be served on the dish with the joint, but should be handed separately. If large game or poultry is served, a pair of carving scissors are a help. In carving fish, a silver fish knife or slice, and fork are required, as the steel impairs the flavour of the fish.

HINTS.

The butcher should always be asked to joint the bones in the loin or neck of any animal, and the cook should also see that any bones of this description are properly jointed, so that the carver has only to cut the meat between them. The flat bone that lies almost along the surface of a leg of mutton should also be removed, as it is then much easier to carve the joint.

SIRLOIN. (Plate 37).

The undercut must be carved first across the bone, not parallel with it ; as the sirloin is usually served with the undercut turned downwards, the joint must be turned before carving. It is usual to serve a little fat with each portion. The uppercut should be carved in thin slices from the backbone to the flap, parallel with the bone, in long slices. It is well to loosen the meat from the bone with a long pointed knife.



I—PHEASANT. (*See page* 347.)



II—HARE. (*See page* 346.)



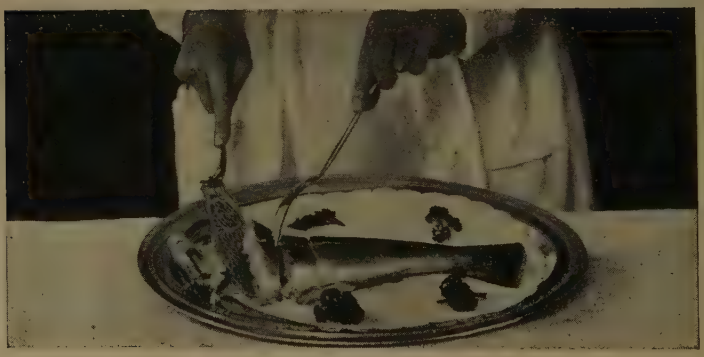
III—RABBIT. (*See page* 346.)



TURBOT.



COD, HEAD AND SHOULDERS.



COD, MIDDLE AND TAIL.

CARVING FISH. (*See page* 347.)

RIBS OF BEEF.

These are carved much like the uppercut of the sirloin, beginning at the thick end and cutting slices parallel with the bone, down to the thin end. Then run the point of the knife along the rib bone to loosen the meat. If the ribs of beef are boned and rolled, they are carved in slices like a round of beef.

ROUND OF BEEF AND SALT SILVERSIDE.

These are carved in thin slices right across the surface of the joint. A small piece of fat should always be served on each plate. Cut as thinly as possible. The aitch bone is carved in the same way.

FILLET OF VEAL.

This is carved like a round of beef, in thin slices right across the upper part. A little stuffing and a small piece of fat should be served with each portion.

LOIN OF VEAL.

First turn the loin over and cut out the kidney and the fat. Then turn it back into its proper position—the joint should be dished with the thin end towards the carver—and carve it in slices like a sirloin of beef, from the backbone towards the end, parallel with the bone. If the veal is very small the loin may be cut into chops, as when carving mutton or lamb, but as a rule a veal chop would be too large to serve to each person.

NECK OF VEAL, LAMB OR MUTTON.

See that these joints are properly jointed by the butcher and the cook, and cut the joint down into chops diagonally, and carve these in slices of moderate thickness. If the bone be very small, it is cut into chops and a chop served on each plate.

KNUCKLE OF VEAL.

This is sent to table with the underpart placed uppermost. It is carved like a shoulder of mutton, beginning at the knuckle end.

BREAST OF VEAL.

Separate the ribs from the brisket and cut a line horizontally right across the joint, about two or three inches from the bottom of the joint. Then divide the ribs which should have been previously jointed, from the top to this line. The smaller bones on the bottom of the line are cut in joints also. Some people prefer the small bones to the larger ribs as being the sweetest part of the joint, so it is usual to serve a small portion from them with one of the long ribs. Breast of veal is more generally stuffed and rolled, in which case it is quite easy to cut it into thin slices.

CALF'S HEAD.

First make long slices from end to end of the cheek, cutting right through to the bone. At the fleshy part of the neck end will be found the throat sweetbread, and a small piece of this should be served with the rest of the meat. The eye should be removed with the point of the knife, cutting right round it. Some people consider this a great delicacy. The lower jaw must then be removed, as it contains finely flavoured lean. A portion of the palate, which is under the head, should be offered when carving.

SHOULDER OF MUTTON AND LAMB. (Plate 36).

This is a difficult joint to carve; it should be dished with the skin side uppermost and the knuckle end to the left of the dish. Insert a fork near the knuckle end and raise the joint slightly, then cut as many fairly thin slices as possible from the top of the joint, near the foreleg, down to the bone. This makes wedge-shaped pieces. Good pieces may then be taken from the blade bone, cutting right across the joint from the foreleg to the other end in thin slices; crisp fat should be cut in circular slices from the bottom of the joint. The best portions of the shoulder lie on the underside of the joint and many prefer to cut this side of the joint first. In this case, turn the joint over and begin carving it into wedge-shaped slices from the side nearest to the foreleg. Cut these slices right through to the bone, then take more slices from the blade bone end.

LEG OF MUTTON OR LAMB.

Mutton or lamb should be dished with the knuckle end to the left. Insert a knife about 3 or 4 inches from the knuckle end and cut right down to the bone in fairly thick rather slanting slices. Continue cutting up to the thick end of the joint, then turn the joint over and cut the under part in the same manner.

NECK OF MUTTON OR LAMB.

The cook should see that the bones are all properly jointed and the whole should be carved in chops, beginning with the outer chop; if the loin be very large, slices should be cut the whole length of the joint as for loin of veal. Remove the chine bone and scrag from a neck of mutton before serving the joint.

Haunch of Mutton is carved like haunch of venison.

SADDLE OF MUTTON, LAMB OR VENISON. (Plate 36).

This is the two loins undivided. Carve into slices lengthways from the neck to the tail. Thin slices of fat may be taken from the bottom part of the joint. If preferred, a line may be cut down each side of the vertebræ, that is down the centre of the joint, and

then crossways lines carved from this towards the thin end of the joint. A slice of kidney should be given to those who like it.

LOIN OF MUTTON OR LAMB.

If small, should be carved in chops, beginning with the outer chop. If large, cut slices the whole length of the joint as with veal. Care should be taken to see that the cook has jointed all bones before it is sent to table.

LAMB is cut like mutton; small lamb is generally cut into quarters, the forequarters and the hindquarters. The forequarter is the shoulder, ribs and breast. To carve the forequarter of lamb, place the fork near the knuckle end; cut out the shoulder by cutting in a circle round the foreleg, beginning where the foreleg joins the joint, and cut in a fairly deep circle right round. Lift the joint with the knife at the same time and place the shoulder, which is thus obtained, on a separate dish. Then separate the neck from the ribs and cut slices from the breast or from the neck, according to the preference of the diner.

HAUNCH OF VENISON.

This is the leg and loin undivided. First cut it across lengthways down to the bone, turn the dish with the knuckle end away from you, and then cut slices sufficiently near the knuckle to prevent the escape of any gravy from the centre of either side of the first cut made. The cut should be slanting and fairly thin, and plenty of gravy should be served with each portion. Venison should always be served, if possible, on a hot water dish, as the fat chills very quickly and is most unpleasant when served cold. A little fat should be served with each piece of meat.

Kid, if kept until the age at which lambs are killed, is served like venison. If killed when three or five months old, it is served whole and carved in the kitchen.

PORK. (PLATE 37).

Leg of Pork is carved in the same way as a leg of mutton; care should be taken to serve some of the crisp fat or crackling and any stuffing there may be to each person.

Loin of Pork is carved like loin of mutton, separating the cutlets. See that the bones are jointed before sending it to table.

Sucking Pig.—This should be sent to table cut in two down the centre, with the head removed, cut in half and dished on each side of the body. The front and back legs should first be cut away from the carcase and then the ribs separated into chops or cutlets. If stuffed, a little piece of stuffing should be served with each portion.

Ham should be dished with the knuckle end nearest to the carver, and the thick portion towards the far side of the dish. Cut through to the bone about 5 or 6 inches away from the knuckle end, cutting slanting slices as thinly as possible.

TONGUE.—Begin cutting across the middle of the tongue in fairly thick slices, cutting the slices alternately from each side. Do not cut right through to the bottom of the tongue, but loosen the slices with a sharp knife from this. A little fat from the root should be served with each portion. If rolled, the tongue must be cut horizontally in thin slices across the top, like a round of beef.

HARE AND RABBIT. (PLATE 38).

Roast.—Cut slices across the back from the head towards the tail. If the hare be young, after removing the shoulder and the legs, the back can be cut across, dividing into several pieces. With a full grown hare this is not practicable unless it be boned first. The shoulders and legs are easily removed by placing a knife between them and turning them back with the point, and the joints can be seen and easily separated. The head is not removed until the last; divide it from the neck, remove the lower jaw and cut through to the division which appears from the nose to the top of the skull and cut it open; a small piece of stuffing should be served with each portion.

Boiled.—First remove the legs and shoulders, divide the back into two parts and then cut each part down into joints or slices; a little liver should be helped with each portion.

GAME AND POULTRY. (PLATE 38).

Poultry.—To carve poultry really well a perfect knowledge of the position of the joints is necessary. Fowl, whether roast or boiled, should be dished with the legs towards the carver; insert the fork into the lower part of the leg, then put the knife between the leg and the side, and press the leg back with the blade of the knife. The joint will come apart and the leg only requires cutting through. Remove the wing portion by cutting right through from the breast to the joint of the wing and pressing it back as with the leg, then separate the joint. Next cut an incision just above the merrythought, and turn back the merrythought and neckbones and cut them through. The meat should be cut from the breast in thin slices the whole length of the bird. Turn the carcase over and remove the oyster, or small dark portion which lies at each side of the back bone.

Roast Capon.—Slices should be carved from the breast like a turkey, if the bird be large.

Roast Turkey.—Loosen the leg from the body, but do not cut it off. Then carve thin slices from each side of the breast, the

whole length of the bird. Then remove the legs and divide the thighs from the drumsticks. These joints are very much more easily cut through by the aid of carving scissors. A small piece of forcemeat should be served with each portion of turkey.

Boiled Turkey is carved in the same way as roast. (PLATE 38).

Roast Goose.—Serve the bird with the neck at the left-hand side of the dish and carve slices from each side of the breast the whole length of the bird; then separate the legs and wings and divide the drumsticks from the thighs. Stuffing is obtained by making an incision in the apron. Serve a small piece with each portion of the goose. (PLATE 38).

Ducks are carved in the same way as roast goose.

Pigeons are generally cut right through the middle, into two equal parts, and if too large are then again cut into quarters.

Game.—Pheasants, grouse and large game are carved like fowls. Partridges and small game birds are carved like pigeons, or they may be cut into three as follows: Cut the leg and wing, together with a small portion of the breast from each side, then divide the breast from the carcase and serve it as a third portion, adding to it any trimmings from the back. Very small birds, such as quails, wheatears, snipe, larks, ortolans and so on are generally served whole —or cut into two when very small portions are desired. (PLATE 38).

Wild Ducks and Widgeon.—The breasts are carved in slices, which are removed from the bird.

FISH.

To Carve Turbot and Brill.—Make an incision with a silver slice down the backbone, and then cut flat pieces from the backbone to the fins, down to the bone, first on one side of the fish then on the other. (PLATE 40).

Flat Fish.—Plaice if large is carved like turbot, and if small like sole.

Sole.—Make an incision right down the backbone and another down the fins and raise a fillet from each side, then remove the bone and cut the bottom portion of the fish into two fillets. Sometimes the sole is divided into 3 or 4 pieces, cutting right through the backbone.

Small fish are served whole or cut into two pieces.

Cod or Salmon.—Either of these fish if whole should be placed on the dish with the thin part nearest to the carver; remove the skin from one side, make an incision the whole length of the fish, not exactly in the middle of the fish, but a little nearer to the bottom,

then carve from the top of the fish to this line in fairly thick slices, right through to the centre of the backbone. When the top part is finished, remove the bone and carve the lower portion in the same manner. (PLATE 40).

Mackerel and Herrings are always sent to table head to tail. Divide the meat from the bone by cutting down the back lengthways.

All small fish such as pilchards, smelts, etc., are served whole.

HERBS

Herbs should find a place in every kitchen, as they give a most delicate flavour to food. They are much used in the preparation of soups, stocks, sauces and stews. Where they cannot be obtained fresh, dried herbs may be utilised, though the flavour of the fresh plant is better.

PRINCIPAL HERBS IN USE.

Bay Leaf is the leaf of the bay tree. It is usually added to a bunch of herbs, and also used for flavouring sweet dishes such as custards and milk puddings.

Chervil has a nice flavour and a very pretty leaf, which makes a delicate decoration for savoury dishes.

Chives, a kind of onion used in salads and any garnish made with *fines herbes*.

Fennel is used for flavouring fish sauces.

Garlic is a plant of the onion species and is much used abroad. It has a very pungent taste, and very little must be used. In England most people find it sufficient to rub the dish over with garlic. The root is composed of small divisions which, when separated, are called "Cloves of Garlic."

Marjoram. There are various kinds of marjoram, but knotted or sweet marjoram is generally used in this country in conjunction with other herbs, in forcemeats, or a bunch of herbs. It may be used fresh or dry.

Mint or Spearmint is used for making mint sauce. A spray is also added to new potatoes and green peas, etc., when cooking. Dried mint is served with pea soup.

Parsley is used either for flavouring or as a garnish, and is invaluable in cookery.

Sage is used to flavour the stuffing of pork, geese, ducks, and so on.

Savoury. There are two kinds, winter and summer savoury. Both can be used either fresh or dried for flavouring soups, sauces and vegetable dishes.

Shallot is a species of onion, and has a mild flavour. It is used in delicate entrées in place of onions.

Tarragon is used to flavour sauces, salads, and vinegar.

MÉNUS

How To Compile a Ménu—Seasonable Breakfasts, Luncheons, and Dinners—Ménus for Picnics, Wedding Breakfasts and Receptions, Garden Parties—Buffet Refreshments—Ball Suppers—Bridge Parties—Lenten and Vegetarian Ménus—Quantities for Entertaining.

HOW TO COMPILE A MÉNU.

The first thing to consider is the style of dinner required, the number of guests, and the seasons of the year.

Simple dinners are now preferred, the long heavy meals of former days being considered bad taste.

It is always wise to observe the season of the year, as though most things can now be procured all the year round, certain products are at their best when they are really in season and not forced. Also, when out of season, they are usually an exorbitant price.

In cold weather, more hot dishes are given than in the summer, when cold dishes and salads form the basis of the ménu. In the same way, heavy soups and puddings are more suitable for the winter and autumn than in the spring and summer.

Do not attempt dishes which are beyond the skill of the cook to prepare, especially if the cook be single-handed, as a few well-chosen well-cooked dishes will give more pleasure than more elaborate dishes which are indifferently served and cooked.

Never let the cook try her hand at a new dish for a dinner party. See that all the materials necessary are ordered in good time, so that there is no cause for flurry at the last moment.

When the cook and waitress are single-handed, care should be taken when choosing the dishes, to see that they are easily served without too many adjuncts.

There must be variety in decoration and colour as well as in flavour, and a tasty dish should follow an insipid dish, or *vice versa*.

The same flavouring must not be repeated in consecutive dishes, and two brown dishes should not follow each other.

Should oysters figure at the beginning of the fish course or in the hors d'œuvres, they must not be chosen as a savoury.

For home dinners, care should be taken to vary the dishes from day to day, and thus avoid monotony.

Naturally where means are limited, the best ways of using up all the materials at hand are to be considered when compiling dinner ménus.

SEASONABLE BREAKFASTS.

The following ménus contain suggestions for the less ordinary breakfast dishes, which appear on most breakfast tables. Many may prefer to have only one course, or two at the most, where a simpler meal is required.

Porridge, or one of the breakfast cereals, toast, marmalade and butter, are understood, and so are not included in the ménus. Hot milk should always accompany porridge or the breakfast cereal.

FOUR BREAKFASTS FOR SPRING.

1	2
Baked Eggs Tomato Sauce Potted Meat Banana Salad	Fish Omelet Cold Ham Watercress Stewed Apples
3	**4**
Fried Fillets of Fish Boiled Eggs Hot Scones	Bacon and Tomatoes Fish Cakes Orange Compôte

FOUR BREAKFASTS FOR SUMMER.

1	2
Egg Salad Fried Whiting Stewed Cherries Cream	Grilled Sole Chicken Cutlets (cold) Dressed Watercress Fresh Fruit
3	**4**
Omelet Fish Salad Stewed Gooseberries Cream	Cold Boiled Bacon Poached Eggs with Tomato Sauce Strawberries

FOUR BREAKFASTS FOR AUTUMN.

1	2
Mushrooms on Toast Boiled Eggs Fruit	Wholemeal Scones Bloaters Cold Ham Baked Apples
3	**4**
Grilled Kidneys and Mushrooms Sardines Wholemeal Scones Fresh Fruit	Scrambled Eggs Sausages and Fried Bread Scones Stewed Fruit

FOUR BREAKFASTS FOR WINTER.

1

Fried Eggs and Bacon
Ham Toast
Potato Cakes
Stewed Raisins

2

Kippers
Scotch Eggs
Hot Buttered Toast
Stewed Prunes

3

Fish Cutlets
Poached Eggs with Curry Sauce
Apples

4

Grilled Cod Steaks
Cold Tongue
Hot Rolls
Stewed Figs

SEASONABLE LUNCHEONS.

Luncheons vary considerably. In some houses they form the mid-day dinner for the children and maids, in which case ordinary plain dishes are usually served. They may be very elaborate, commencing with hors d'œuvres, "hors d'œuvres variés" being more usually served with luncheon than with dinner. For more elaborate luncheons, as with breakfasts, various cold dishes appear on the sideboard, such as game or veal pies, pressed and spiced beef, galantines, and so on.

The following suggestions are for home luncheons which are sufficiently varied to allow of unexpected guests dropping in, without any alteration having to be made in the ménu. Various items can be eliminated and fewer courses served where a plainer luncheon is desired, or they may be supplemented by cold dishes held in reserve.

FOUR LUNCHEONS FOR SPRING.

1

Sole au Gratin
Mashed Potatoes
Cold Beef Salad Pickles
Canary Pudding Jam Sauce
Cheese

2

White Vegetable Soup
Steak and Kidney Pie
Mashed Potatoes
Spring Cabbage
Apple Fritters
Cheese Fingers

3

Haddock (baked and stuffed)
Anchovy Sauce
Roast Pigeons
Potato Chips Green Salad
Rhubarb Fool Sponge Fingers
Cheese Straws

4

Spinach and Eggs
Grilled Cutlets and Tomatoes
New Potatoes
Milk Pudding Apple Compôte

FOUR LUNCHEONS FOR SUMMER.

1

Cold Consommé
Roast Lamb Mint Sauce
New Potatoes Peas
Gooseberry Fool Sponge Fingers

2

Salmon Mayonnaise
Roast Fowl Bread Sauce
Potato Chips
Asparagus with Cream Sauce
Cherry Flan Cream

3

Chaudfroid of Eggs
Lamb Cutlets with Peas
Globe Artichokes
Strawberries and Cream

4

Stuffed Cucumber
Veal and Ham Pie Salad
Raspberry and Red Currant Fool
Cheese Sandwiches

FOUR LUNCHEONS FOR AUTUMN.

1

Grilled Mackerel Fennel Sauce
Fried Steak Chip Potatoes
Canary Pudding
Gorgonzola and Biscuits

2

Cauliflower Soup
Hot Pot
Grilled Mushrooms
Steamed Batter Pudding

3

Nut Cutlets
Stewed Breast of Veal
Spinach à la Crème
Blackberry and Apple Pie. Cream

4

Baked Hake Tomato Sauce
Game Rissoles Fried Potatoes
Celery and Apple Salad
Pear Flan

FOUR LUNCHEONS FOR WINTER.

1

Roast Sirloin Yorkshire Pudding
Roast Potatoes Brussels Sprouts
Stewed Apples and Custard
Cheese

2

Ox Tail Soup
Fillets of Beef à la Viennoise
Potato Chips Celery à la Crème
Apple Pie and Cream

3

Stuffed Herring Rolls
Mustard Sauce
Cold Beef Pickles
Potato Salad
Ginger Pudding

4

Fish au Gratin
Risotto
Apple Charlotte
Cheese

SEASONABLE DINNERS.

Dinners, like luncheons, may be made less elaborate by fewer courses being served, and it is not necessary to serve an hors d'œuvre with a savoury. Savouries are served, however, in most families, as so many people prefer the savoury to a sweet course.

Soup and fish need not appear on the same ménu, either one or the other being served at most family dinners.

FOUR DINNERS FOR SPRING.

1

Consommé Jardinière
Lamb Cutlets with Green Peas
Roast Chicken Bread Sauce
Potato Chips French Salad
Caramel Custard
Sardines

2

Boiled Salmon
Tartare Sauce
Chaudfroid of Pigeons
Roast Leg of Lamb Mint Sauce
New Potatoes
Asparagus au beurre
Gooseberry Fool
Cheese Ramekins

3

Stuffed Olives
Chicken Cream Soup
Fillets of Sole au Gratin
Sweetbreads à la Poulette
Roast Ducklings Potato Straws
Asparagus Salad
Charlotte Russe
Herring Roes on Toast

4

Tomato Salad
Sole à l'Horly
Noisettes d'Agneau
Potato Croquettes
Roast Fowl Bread Sauce
Potato Straws
Lettuce and Watercress Salad
Cherry Compôte
Anchovy Straws

FOUR DINNERS FOR SUMMER.

1

Cucumber Soup
Boiled Salmon
Dutch Sauce
Ham Mousse
Cold Fillets of Beef
Roast Duck
Peas French Salad
Strawberry Cream
Devilled Ham

2

Iced Grape Fruit
Lobster Soup
Timbale of Cod
Chicken Olives
Roast Leg of Lamb. Mint Sauce
New Potatoes Asparagus
Fruit Salad Whipped Cream
Cheese Straws

3

Cold Consommé
Boiled Turbot. Shrimp Sauce
Veal and Ham Patties
Roast Chicken
Potato Straws
French Beans au beurre
Raspberry Fool and Cream
Pastries
Croûtes of Finnan Haddock

4

Stuffed Olives
Green Pea Soup
Sole au Gratin
Roast Fillet of Veal
Potatoes à la Maître d'Hôtel
Iced Asparagus
Strawberry Short Cake

FOUR DINNERS FOR AUTUMN.

1

Oysters au Naturel
Tomato Soup
Fried Whiting
Fillets of Beef à la St. Aubyn
Roast Partridge Salad
Potato Straws
Bramble Cream
Cheese Biscuits

2

Hare Soup
Fried Whiting
Baked Aubergines
Fillets of Beef à la pompadoor
Spinach
Compôte of Pears Cream
Mock Crab Savoury

3

Oyster Patties
Consommé au Riz
Red Mullet, Baked
Noisettes of Mutton
à l'Espagnole
Roast Grouse
Potato Chips Salad
Pears à la Duchesse
Cheese

4

Chestnut Soup
Fillets of Sole à l'Horly
Tartare Sauce
Veal Cutlets à la Milanaise
Roast Loin of Mutton
Potato Croquettes
Spinach Cream
Apple Jelly
Fried Sardines

FOUR DINNERS FOR WINTER.

1

Palestine Soup
Fried Fillets of Haddock
Anchovy Sauce
Stuffed Roast Shoulder of Mutton
Potato Croquettes
Cauliflower Fritters
Cocoanut Pudding
Sardine Croûtons

2

Olives Smoked Sausages
White Vegetable Soup
Sole au Gratin
Calf's Liver à la Française
Roast Turkey
Potato Chips
Green Salad
Cold Chocolate Soufflé
Cheese Straws

3

Mock Turtle Soup
Baked Hake
Pigeon Cutlets
Roast Pork Apple Sauce
Mashed Potatoes Cabbage
Queen's Pudding
Cold Cheese Creams

4

Potato Soup
Halibut Collops
Roast Goose Cranberry Sauce
Potato Straws
Stuffed Tomatoes
Honeycomb Mould
Devilled Ham

CHRISTMAS DINNERS FOR TWELVE.

1

Olives — Salted Almonds
Clear Gravy Soup
Boiled Turbot — Dutch Sauce
Roast Turkey — Chestnut Stuffing — Boiled Ham
Cranberry Sauce — Roast Potatoes — Celery à la Crème
Or
Roast Goose — Apple or Gooseberry Sauce
Plum Pudding — Mince Pies — Orange Sponge
Dessert — Coffee

2

Kidney Soup
Roast Sirloin — Yorkshire Pudding
Roast Potatoes — Cauliflower
Plum Pudding — Mince Pies
Caramel Custard
Cheese — Biscuits
Dessert — Coffee

3

PLAIN CHRISTMAS DINNER.

Roast Pork — Apple Sauce
Mashed Potatoes — Cabbage
Plum Pudding — Mince Pies
Cheese
Dessert

CHRISTMAS DINNER FOR TWO.

Consommé à la Royale
Filleted Sole
Roast Fowl
Chestnut Stuffing — Bread Sauce
Potatoes — Lettuce Salad
Individual Plum Puddings
Pears à la Duchesse
Devilled Prunes
Dessert — Coffee

Note.—In place of Roast Fowl, substitute :—

1. Roast Duck — Rice and Nut Stuffing — Onion Sauce
   Orange Salad
2. Roast Pigeons with Chestnuts.

WEDDING BREAKFAST FOR 100 GUESTS.

Salmon Mayonnaise
(16 to 20 lbs. of fish)

Lobster in Aspic (40 small moulds) or Oyster or Shrimp Patties (40)

Chicken Pie (3 pies) — Tongue (2 tongues)

Chaudfroid of Turkey (1 turkey) — York Ham (1)

Salads
(4)

WEDDING CAKE

Trifle
(2 dishes)

Fruit Salad (16 lbs.) — Cold Chocolate Soufflé (2 quart soufflés)

Lemon Jelly
(3 quarts)

Éclairs (2½ dozen) — Cream Buns (2½ dozen)

Fancy Pastries (4 lbs.) — Ices (5 quarts)

Rolls
(100)

Coffee (3 lbs.) — Champagne or Cider or Hock Cup (25 pints)

Whisky and Soda
(3 bottles of whisky, 4 syphons of soda)

BUFFET WEDDING REFRESHMENTS FOR 100 PEOPLE

Sandwiches
(240)

Foie Gras, Ham, Egg and Anchovy, Tomato

Small Lobster Patties (50) — Chicken Patties (50)

Petits Fours (50) — Meringues (50) — Éclairs (50)

Layer Cakes (3) — Cut Cake (assorted) (3 lbs.)

Fruit Salad (25 pints) — Ices (5 quarts)

Tea (¾ lb. tea, 2 lbs. sugar) — Coffee (2 lbs. coffee, 4 quarts milk) — Cider Cup (8 quarts) — Lemonade (8 quarts)

BUFFET REFRESHMENTS FOR A DANCE FOR 100 PEOPLE.

Sandwiches (Ham, Lobster, Cheese and Celery)
(50 of each)

Oyster Patties (50) — Chicken Creams (50)

Veal and Ham Patties (75) — Fruit Salad (25 lbs.)

Wine Jelly (10 quarts) — Trifle (3 dishes)

Fancy Pastries
(150)

Strawberry and Vanilla Ice Cream
(5 quarts)

Soup on leaving
(3½ gallons)

Coffee (4 lbs. of coffee, 3 pints of milk) — Lemonade (16 quarts) — Claret or Cider Cup (16 quarts)

MÉNU FOR CHILDREN'S PARTY TEA.

Jam Sandwiches — Orange Jellies

Cherry Cakes — Sponge Fingers

Buttered Scones — Strawberry Creams

Small Swiss Rolls — Chocolate Biscuits

Home-made Lemonade — Orangeade — Milk

PARTY REFRESHMENTS FOR OLDER CHILDREN.

Sandwiches
(Ham, Cream Cheese, Tomato)

Sausage Rolls — Small Veal and Ham Pies

Trifle — Apple Cream

Fruit Salad

Assorted Pastries — Assorted Biscuits

Strawberry and Vanilla Ices

Orangeade — Lemonade — Ginger Beer

MÉNU FOR A BRIDGE LUNCHEON.

Fish au Gratin
Savoury Omelet
Chocolate Soufflé

Roast Pigeons — Potato Straws — Salad

Chocolate Soufflé
Cheese Creams

EVENING BRIDGE REFRESHMENTS.

Assorted Sandwiches

Chutney Tongue Cream Cheese and Celery

Fancy Pastries Assorted Cut Cake

Tea Coffee Claret or Cider Cup

Whisky and Soda

LENTEN MÉNUS.

Celery Soup
Salmon Croquettes
Mashed Potatoes
Nut Cutlets Salad (French)
Chocolate Pancakes
Prune Mould
Cheese Straws

Rice Soup
Curried Cod (See curried fish)
Mock Duck Tomato Sauce
Potatoes French Beans
Malvern Pudding
Egg Mayonnaise

Lobster Soup
Spinach and Eggs
Nut Galantine Potatoes
Cauliflower Fritters
Fruit Tart and Cream
Devilled Herring Roes

VEGETARIAN MÉNUS.

Palestine Soup
Savoury Omelet
Haricot Bean Croquettes with Tomato Sauce
Fried Potatoes Asparagus
Fruit Pie and Cream

Grape Fruit Salad
Carrot Soup
Baked Aubergines with Poached Eggs
Vegetable Cutlets and Tomato Salad
Apple Pudding
Cheese Biscuits

Cream of Barley Soup
Cheese Omelet
Boiled Chestnuts
Potato Croquettes Brussels Sprouts
Cornflour Blancmange Fruit Salad
Cheese

PICNIC TEA FOR 25 PEOPLE

Sandwiches
(Egg, Chicken and Ham, Pâté de Foie Gras)
(about 80)

Small Sausage Rolls
(2 dozen)
Chocolate Cake
(about 3)
Fancy Pastries
(2 dozen)
Tea
(¼-lb., 1 lb. sugar,
2½ pints milk)

Buttered Scones
(1½ dozen)
Sultana Cake
(2)
Biscuits
(2½ lbs.)
Lemonade
(6 pints)

QUANTITIES FOR ENTERTAINING.

When estimating quantities for entertaining, it should be remembered that if sandwiches only are provided more will be required than if patties and savoury rolls figure on the ménu also. A fairly safe guide is to allow two sandwiches per head. Three quartern sandwich loaves to 3 lbs. of butter are sufficient for sandwiches for 100 people.

One pound of cake will cut into 8 or 9 slices, and it is customary to allow 3 small cakes for two people. Where several kinds of fancy cakes are served, 50 of each kind should prove sufficient for 100 people, as each guest rarely chooses the same kind of cake.

A quart mould of either sweets or savouries will make about ten helpings where two or three different kinds figure on the ménu. If only one kind be given, a quart mould will only make eight helpings.

Five quarts of ice are sufficient for 100 people, that is allowing 20 small helpings per quart, which is the usual amount obtained for unmoulded ices.

It is usual to allow ¾-lb. of fruit salad per head and about ⅓-pint of cup or lemonade per head.

A little more than ¾ of a teacupful of soup is usually allowed when giving soup on the departure of guests after a dance or evening party.

In calculating the amount of tea per person, it is well to remember that the more people there are, the less tea is required, comparatively. It is usual to allow about five teaspoonsful of tea for 4 persons, but 1-lb. of tea will be ample for 100 people, and if coffee is handed at the same time, probably ½-lb. of tea will be sufficient.

One pound of coffee is sufficient for 100 people when tea is served, but should coffee be served alone, about 2 lbs. will be required. Two pounds of loaf sugar and about 4 quarts of milk should be ample for 100 people for either tea or coffee.

TABLE SERVICE

Good waiting is essential to the success of a dinner.

The maid should move quietly and quickly, and avoid making any clatter with the dishes, silver or glass. She should study the contents of the ménu beforehand, so that she knows exactly what is required when the different courses are being served, and see that everything is ready.

Nowadays few people use tablecloths; it is more customary to have cork or asbestos mats covered with embroidered linen, or mats made of Chinese embroidery. The arrangement of the flowers is a matter of individual taste. It is more usual to hand the dishes than to carve at table, except in the case of family dinners. Everything should be scrupulously clean and the linen immaculate; the glass and silver highly polished and sparkling.

A side table and sideboard, covered with cloths, should contain all extra glasses, cutlery, silver, plates, so that the waiting is carried out without any hitch.

TO LAY THE TABLE.

There is but little difference nowadays in laying a table for lunch or dinner. Should a cloth be used, a baize or undercloth is usually placed on the table first and must be smoothed over to eliminate any creases; the tablecloth is laid over this and must hang perfectly straight.

Two tablespoons are placed at each end of the table with salt, pepper and mustard between them. Next is placed what is termed a "cover" for each person. This consists of a soup spoon on the right on the outside, a fish knife and fork next (the knife on the right), a large knife and fork and a small spoon and fork above the plate. Should more forks and spoons be necessary they are placed on the table as required. With hors d'œuvres small forks are necessary. The dinner napkin is plainly folded, placed in the centre of each cover with a piece of bread or a roll placed on each or in the folds of the napkin. Glasses are arranged at the right-hand side, and it is usual to place one tumbler and two wine-glasses to each cover. Flowers are placed in the centre of the table. Water jugs should be placed at intervals on the table, and should any fancy dishes, such as bonbon dishes be required, they are placed at regular intervals on the table.

Should no tablecloth be used, the table must be kept highly polished, then a cork or asbestos mat, covered with a linen or embroidered mat arranged for each cover. At a family dinner, where the dishes are served from the table, large mats, covered as above, are put in front of the master or mistress of the house.

In the case of a dinner party, tumblers are not always placed unless whisky and soda or barley water is handed, but three or even more wineglasses are placed at the right-hand side of each cover. The tablespoons at the corners are omitted and usually small salt and pepper pots are placed between each two covers. It is customary to have small bonbon dishes containing olives or salted almonds and in many cases fancy bonbons arranged at intervals, with due regard to regularity, on the table. Olives and almonds remain on the table until the dessert is served, as many people help themselves to these throughout the dinner.

A luncheon table is laid much in the same manner as a dinner table, though the floral decorations are usually simpler and the tablespoons and salt cellars are placed at the corners of the table, as in a family dinner. It is usual to place a tumbler and two wineglasses at luncheon for each cover.

The sideboard should be laid, first with a cloth, then all extra knives, spoons, forks and plates, also glasses, should be neatly arranged on it, together with the finger bowls and dessert dishes. If there be room, the dessert dishes should be placed on the sideboard, as they are very rarely placed on the table nowadays at the beginning of the dinner.

For breakfast, the tea and coffee trays are generally placed at one side of the table. A cover is set for each person, with a cold plate by the side, a table napkin, two knives and two forks. Hot dishes are usually placed on the table and the sideboard contains various cold dishes, which are served as desired. Racks of toast, butter dishes and jam or marmalade dishes are placed on the table, and, if fruit be eaten, this is placed on the table also.

TO SERVE A DINNER.

When the guests are all assembled, soup is brought in a tureen and placed on the side table in the dining room; the maid then opens the drawing-room door, and says in a loud voice, "Dinner is served." Where there are two waitresses one serves the soup and the other hands the plates, beginning with the lady on the host's right hand and then going right round the table. After removing the soup plates and placing clean plates to each cover, the fish is handed in the same order as the soup. Should the fish be too large to hand, it is put on the plates at the side table, and these are then handed round, any sauces being handed separately. The rest of the dinner is handed in the same manner, any joints being served at the side table. When handing plates and dishes, the maid stands on the left

of the guests and holds the dish in the left hand. When there is no choice of dishes, a plate, with its contents, is placed at the right side of the guests. When offering a choice of dishes or handing an entrée or vegetable, it is handed from the left side, the servant holding the dish in the left hand. Soiled plates are removed from the right-hand side and clean plates are put down at the right-hand side.

In the case of two maids or waitresses, the upper one serves the wine, carves and hands the dishes, and removes the wineglasses at dessert and puts the wine and dessert dishes on the table. The upper servant does not leave the room until dessert is served. The under-servant hands the plates, vegetables and sauces, bread and so on and removes dirty plates. When clearing the table for the dessert, she carries round the tray, holding it ready for the upper servant to place the glasses, etc., on. The under-servant also carries away all the dirty dishes, plates and glasses from the dining-room.

ORDER IN WHICH THE COURSES ARE SERVED.

1. Hors d'œuvres.—These are usually placed in china or glass dishes on the table or on individual plates, before the guests are seated.
2. Soup is generally served from the side table. Should two soups be offered, the servant offers one in each hand. If only one be served, the plate of soup is offered in one hand and croûtons of bread in the other.
3. Fish is either handed in an entrée dish or served from the side table, in which case the waitress puts the plate down with one hand and offers the sauce with the other.
4. Entrées are handed, as they always consist of some dish which is easily served.
5. Joints or Game are carved from the side table, the waitress handing a plate with one hand and any adjuncts with the other hand.
6. Salad is usually handed in a bowl or placed on individual salad plates.
7. Sweets and Savouries are handed in the same way as entrées.

Where cheese is served it is usually handed in a dish with three compartments containing cheese, butter and biscuits respectively. Before handing dessert the table should be cleared of all dirty plates, glasses, crumbs, etc. Dessert is next put on the table and a dessert plate, on which is placed a d'oyley, finger bowl, dessert knife and fork is put before each guest.

PRECEDENCE IN SERVING.

At a dinner party commence with the lady on the right-hand side of the host and go right round. At a family dinner the lady of

the house is served first, unless she be carving, then the daughters of the house, the master and the sons last. Should there be one or two guests, the guests are helped first, beginning with the guest of highest rank.

SERVING OF WINES.

Mineral waters and barley water should always be at hand for those who do not take wine. Brandy or whisky and soda are offered at informal dinners.

The correct method of serving wines when more than one kind is served is as follows :—

Sherry with soup.
Hock with fish.
Champagne with the entrée and joint and to the end of the dinner.
Port, Sherry and Claret are offered with dessert.
Liqueurs are handed with the coffee.

At lunch, it is usual to serve only one wine—Claret, Burgundy or Hock.

Claret, Burgundy, Sherry and Port are decanted.

Champagne is served from the bottle with a serviette wrapped round it.

Hock and Moselle are also served from the bottle.

Claret and Burgundy should be served at a temperature of 65° to 70° Fahr., Sherry 40° Fahr. and Port 55° Fahr., but Champagne should be kept in a pail of ice before serving it.

The decanters are not put on the table until the dessert is served, when Port or Sherry is placed in front of the host.

Liqueurs are always served in very small liqueur glasses on a silver tray or liqueur stand and are handed on the left-hand side of the guests.

Ice should never be placed in the wine, but the bottles may be placed in a vessel containing crushed ice.

Old wines should be very carefully decanted, so that any crust or sediment may be allowed to sink to the bottom of the decanter.

INDEX

	PAGE
ACCOMPANIMENTS	83
Albumen Water	300
Ale,	
To mull	324
Almack's Preserve	335
Almond Icing	
or Paste	317
Almonds	
Devilled	90
Salted	90
American Fritters	264
Anchovy,	
and Egg Sandwiches	293
Butter	62
Hors D'Œuvre	90
Sauce	56
Straws	281
Apple,	
and Blackberry Jam	329
and Damson Jam	331
and Plum Jam	331
à la Duchesse	272
Batter Pudding	256
Chutney	340
Dumplings, Baked	243
Dumplings, Boiled	244
Flan	243
Fritters	265
Ginger	335
in Syrup	277
Jam	329
Jelly	276, 333
Marmalade	333
Pie	244
Pudding, Boiled	254
Sauce	53
Stuffing	64
Apricots in Syrup	278
Arabian Stew	152
Arrowroot,	
Blancmange	268
Liaison	49
Pudding	250
Art of Using up	365
Artichokes,	207
Accompaniments	85
Globe, Boiled	207
Jerusalem, Boiled	208
Soup (Palestine)	42
Asparagus	208
Accompaniments	85
Boiled	208
Steamed	209
To prepare	208
with Lamb Cutlets	131
Aspic Jelly	66
Game in	178
Lobster in	168
Poultry in	178
Aubergines, Baked	209
BACON	
Accompaniments	84
Boiled	193
Choosing of	20
Fried	288
Grilled	288
Keeping	23
Baked Puddings	256–259
Baked Meats	
(*See particular kinds*)	
Baking, Temperatures for	26
Balanced Diet, Value of	2
Ball, Buffet and Supper Dishes	167
Banana	
Chartreuse	269
Cream	300
Barding	70
Barley	
Broth	39
Cream of Soup	45
Water, Lemon	302
Bass	100
Batavian Endive	213
Batter,	
Coating and frying	63
Fritter	264
Fish in	118
General directions for making	261
Pudding	257
Apple	256
Baked	257
Boiled	251
Meat in	149
Batters	46–63
Bayleaf	349
Beans,	209
Broad, with Butter	209
French	210
Haricot	227
Scarlet Runner	210
Windsor, with Butter	209
Béchamel Sauce	50
Maigre	50
Beef,	
Accompaniments	83
Balls, curried	164
Boiled	179
Bones, broiled	147
Casserole of	180
Choosing of	17
Fillets	127
à l'Américaine	128
à la Châteaubriand	128
à la Mode	181
à la Pompadour	129
à la St. Aubyn	128
à la Viennoise	129
Cold	170
Entrées and Steaks	127–130
Fritters	146
Galantine of	171
Hashed	148
Potted	79
Pot Roasted	181
Pressed	78
Ragoût of	82
Raw	
Croquettes	299
Sandwiches	299
Tea	296
Tea, Ordinary	296
Quickly made	295
Raw	296
Removes	179
Ribs of	
Braised	182
Carving	343
Roast, of	182
To bone	69
Rissoles	126
Roast	
Gravy for	72
Cold, curried	164
Round of	
Boiled	179
Carving	343
Shin, Stewed	184
Silverside of	
Boiled	179
Carving	343
Sirloin of	
Carving	342
Roast	183
Undercut of	183
Salt, Boiled	180
Spiced	79

	PAGE
Beef—*contd.*	
Steak, Broiled	183
Fried	184
Tournedos of	130
Beefsteak and Kidney Pudding	239
Pie	238
Beer, Ginger	322
Beetroot,	210
Boiled	210
Salad	93
Beverages	320–326
Invalid	300
Biscuits,	
Ginger	310
Milk	310
Oatmeal	311
Shrewsbury	311
Black Butter Sauce	51
Black Cap Pudding	251
Black Currant	
Cream	275
Jam	330
Jelly	334
Pie	245
Tea	301
Blackberry	
and Marrow Jam	329
Cream	275
Jam	329
Jelly	334
Pie	245
Syrup	324
Blackberry and Apple	
Jam	329
Pie	245
Blancmange,	
Arrowroot	268
Cornflour	268
Ground Rice	268
Inexpensive	270
Blanquette	
of Fowl	157
of Veal	136
Bloater,	
Grilled	288
Sandwiches	292
Blond Roux	48
Boiling,	
Rules for	73
Temperatures	26
Vegetables	206
Bones for Stock, Keeping	24
Bone Stocks	30
Boning	69
Poultry	70
Bottled Fruit	81
Bouchées	91
Potato	122
Boudins	121
Chicken	122
Brain Sauce	187
Brandy Sauce	60
Braising, Directions for	75
Brawn	79
Bread	
and Cake making	304–319
Brown	306
Croûtons	67
Emergency	308
Garnishes	64
Home-Made	307
Points in making	306
Quantities for Entertaining	359
Sauce	53
Soda	308
Stale, using up	86
Bread and Butter	
Fritters	265
Pudding with eggs	252
Breadcrumbs	67
Breakfast	
and Supper Dishes	284–290
Cakes	307
Bream	100
Brill	100
Broad Beans	
Accompaniments	85
with Butter	209
Broccoli	211
Broiling, Directions for	76
Broths,	36–40
Chicken	36, 297
Directions for making	32
Mutton	296
Scotch Barley	39
Sheep's Head	39
Veal	40, 297
Brown	
Betty Pudding	252
Bread	306
Chaudfroid Sauce	58
Mushroom Sauce	52
Roux	58
Sauce for Fish	50–53
Mushroom	56
Browned	
Breadcrumbs	67
Flour	48
Stock	29
for Fish	31
Browning for soups	32
Brussels Sprouts	211
Bubble and Squeak	147
Buffet, Ball and Supper Dishes	167
Buns,	
Currant	310
Hot Cross	310
Stale, using up	87
Butter, and Flour Liaison	49
Icing	318
Keeping	24
Oiled	51
Butters,	
Savoury	62, 63
CABBAGE	
Boiled	211
Curried	164
Red	211
Pickled	338
Cakes,	304–319
Breakfast	307
Bride, Rich	311
Christmas	312
Easter	311
Eccles	245
Fish	119
Foundation	312
Gingerbread, cheap	313
Layer	314
Icing	319
Lemon Cheese	245
Madeira	314
Making	304–319
Meat and rice	149
Potato	309
Rice	314
Rock	314
Sand	315
Sponge	316
Soda	316
Stale, using up	87
Tins, to prepare	305
Tipsy	274
Veal	172
Calf,	
Division into joints	18
Calves'	
Brains à la Maître d'Hôtel	123
Feet, boiled	155
Head, accompaniments	84
Boiled	186
Liver à la Française	155
and Bacon	156
as Mock Goose	156
Farce	64
Sweetbreads	
Ragoût of	138
Fricassée of	138
Camomile Tea	301
Canapes	92
Canary Pudding	253
Candles, Buying and storing	22
Cannelon of cold meat	147
Cannelons	121
Caper Sauce	53
Caramel	
Custard	250
for Browning	32
Sauce	60
Carbohydrates Foodstuffs supplying	1
Carrots,	211
Boiled	211
Soup	40
Carving, Hints on	342–347
Casserole	
of Beef	180
of Leveret	160
Casseroles,	
Cleaning	11
Cooking, advantages of	11
What to cook in	12
Cassolettes of Game	123
Castle Pudding	257
Cauliflower	212
Accompaniments	85
Au Gratin	212
Fritters	212
Pickled	338
Salad	93

	PAGE
Caviare	90
Celeriac	212
Celery	
Accompaniments	85
à la Crême	213
Garnish	68
Salad	93
Sauce, white	54
Soup	40
Cereal Dishes	229–231
Chafing-Dish Cookery	12
Charlotte Russe	270
Chartreuse, Banana	269
Châteaubriand,	
Fillets à la	128
Garnishes for	128
Chaudfroid,	
Chicken	175
Mutton Cutlets	171
Pigeons	177
Sauces	58
Turkey	177
Cheese	
Allumettes	281
Creams, Cold	283
Cream, Sandwiches	292
Damson	335
Keeping	24
Macaroni	230
Matches	281
Sandwiches	292
Sauce	54
Stale, using up	86
Straws	280
Cherry	
Jam	330
Pie	245
Chestnuts,	
Boiled	234
Purée	234
Sauce	54
Soup	40
Stuffing	64
Chicken	
Accompaniments	84
à la Bourgeoise	138
Boudins	122
Broth	36, 297
Chaudfroid of	175
Cream	175, 298
Curry	165
Cutlets	157
Fillets of, Steamed	298
Fricassée of	139
Galantine of	176
Kromeskis	126
Legs, Entrée of	139
Patties	91
Roast	199
Salad	223
Soufflé	140
Chicory	213
Chives	348
Chocolate	
Cream	275
Icings	318
Layer Cake	314
Sandwiches	293
Sauce	60
Soufflé	259
Soufflé, cold	275
Swiss Roll	317
To mill	322
To prepare	322
Christmas	
Cake	312
Puddings	255
Chutneys	340–341
Claret Cup	323
Coal, Kind to use	6
Coating Batter	63
Coburg Loaf, to shape	307
Cock-a-Leekie	36
Cockles	116
Cocktails	325–326
Cocoa, To prepare	322
Cocoanut	
Pudding	258
Water, for Curries	163
Cod	100
Accompaniments	83
Au gratin	118
Baked	101
Cold	101
French-way, Dressing of	101
Salt	102
Timbale of	167
Coffee,	
Black	321
Iced	321
Junket	269
To prepare	320
Turkish	321
Viennese	321
Cold	
Entrées	167–178
Sauces	58–60
Service Dishes	167–178
Soup	45
Sweets	266–279
Collaring and Potting	77–81
Conger Eel,	
Boiled	102
Fried	102
Soup	34
Consommés	32–34
Cookery,	
Plain Household	179
Principles of	69
The Science of	1
Cooking Stoves, care of	5–11
Cornets	
for Hors D'Œuvres	91
Cornflour	
Blancmange	268
Custard	251
Liaison	49
Pudding	250
Soufflé	260
Cornish Pasties	242
Cottage	
Loaf	307
Pie	148
Courses, Order of Service	362
Crab,	
Boiled, to dress	113
Choosing	113
Devilled	114
Mock, Savoury	283
Crab Apple	
Jelly	333
Marmalade	334
Cranberry Sauce	60
Crawfish	114
Crayfish	114
Cream,	
Banana	300
Blackberry	275
Black Currant	275
Chantilly	274
Cheese Sandwiches	292
Cheeses, Cold	283
Chicken	175, 298
Chocolate	275
Devonshire	24
Keeping	24
Loganberry	275
Mould, To decorate	267
of Barley Soup	45
Pancakes	262
Raspberry	275
Red Currant	275
Snow	300
Strawberry	275
Veal	172
Whipped	278
Rice Pudding	264
Crépinettes	122
Croquettes	123, 124
Fish	119
Haricot Bean	227
Potato	218
Raw Beef	299
Rice	230
Croûtes,	
Finnan Haddock	281
Croûtons	
Bread	67
Pastry	67
Sardine	282
Cucumber	213
Garnish	68
Jam	332
Mangoes	341
Pickle	340
Salad	224
Soup	41
Curds and Whey	
See Devonshire Junket	268
Curly Greens	213
Curly Kale	213
Currant	
Buns	310
Dumplings	253
Fritters	256
Curried	
Beef balls	164
Cold Roast Beef	64
Cabbage	164
Chicken	165
Eggs	165
Fish	118
Lentils	166
Vegetables	16

	PAGE
Curry,	
Boiled rice for	163
Butter	62
Cocoanut Water for	163
Meat to	163
Real Indian Pilau	166
Sauce	51
Custard,	
Baked	249
Caramel	250
Cornflour	251
Sauce	60
Savoury	299
Cutlets	
Chicken	157
for Entrées	123
Game	178
Lamb, en Papillotes	132
to trim	131
with asparagus	131
Mutton, à la Milanaise	134
au Naturel	133
en Chaudfroid	171
grilled	133
to trim	131
Nut	232
Pheasant	145
Pigeon	142
Pork	135
Broiled	155
Veal	136
à la Milanaise	137
Vegetable	234
DAMSON	
and Apple Jam	331
Jam	331
Cheese	335
Date Pudding	254
Deer, division into Joints	19
Dessert Fruit,	
To prepare	277
Devilled	
Almonds	90
Chestnuts	283
Crab	114
Ham	281
Herring Roes	92
Kidneys	125
Prunes	283
Turkey legs	159
Devonshire	
Cream	24
Junket	268
Dinner,	
Ménus	353–354
To Serve	361
Doughnuts	264
Drawing	
Fowls	197
Geese	199
Dresden Patties	124
Dressings, Salad	223
Dried Fruit, Buying and storing	22
Dried Peas, Boiled	228
Dried Vegetables, to cook	226
Drop Scones	308
Duck	
Accompaniments	84
Hints on choosing	20
Carving	347
à l'Italienne	141
Mock	228
Ragoût of	158
Roast	197
Salmi of	141
To truss	197
Wild, Roast	205
with Green Peas	158
Duckling, grilled	140
Dumplings,	
Apple, baked	243
Boiled	244
Currant	253
Norfolk	255
Suet	66
Dutch Sauce	56
EASTER CAKES	311
Eccles Cakes	245
Eels	102–103
Collared	78
Egg	
and Anchovy Sandwiches	293
Beaten, with Tea	301
Dishes	284–287
Garnish	67
Jelly	300
Liaison	49
Nog	301
Sauce	54
Eggs	
Baked	286
Boiled	285
Curried	165
Fried	286
Hints on choosing	21
Keeping	25
Poached	286
Preserving	25
Scotch	287
Scrambled	287
Elderberry Jelly	334
Electric Cookers	9
Emergency	
Bread	308
Dinner, Example of	88
Dishes	88
Endive	214
Entertaining, Quantities for	359
Entrées	121–166
Light	121
Meat	127
Espagnole Sauce	50
FATS,	
Principal foods supplying	1
Fennel Sauce	55
Fig Pudding	253
Fillets,	
Beef	127
à l'Américaine	128
à la Châteaubriand	128
à la Pompadour	129
à la St. Aubyn	128
à la Viennoise	129
Cold	170
Chicken, Steamed	298
Fish, Steamed	298
Lamb	132
Partridge	145
Veal, roast	187
Fire-proof Glass-ware	12
Fish	
Accompaniments	83
Cakes	119
Cold Service Dishes	167
Cold, using up	86
Collared	78
Croquettes	119
Curried	118
Cutlets	120
In batter	118
Invalids, suitable for	297–303
Kedgeree	120
Made-up dishes	118–120
Pickle for	77
Principles of Cooking	96
Pudding	119, 297
Salad	224
Sauces	56–57
Sauce for flavouring	71
Soup	34
Soufflé	298
Steamed Fillets	298
To bake	98
Carve	347
Choose	21
Boil	96
Clean and prepare	95
Fillet	95
Fry	98
Grill	99
Poach	98
Skin	95
Steam	97
Stew	98
Sauté	98
Tinned	81, 82
Flaky Pastry	236
Flan,	
Apple	243
Cases, to make	243
Peach	243
Pear	243
Flavouring	64–68
Flour, To brown	48
Food,	81
Tinned	81
Values	1
Foods, Perishable, care of	22
Fool, Gooseberry	269
Forcemeats	64, 65
Foundation	
Cake	313
Sauces	49
Fowl	
Accompaniments	84
and Ham, Potted	80
Blanquette of	157
Braised	198
Grilled	140

	PAGE
Fowl—*contd.*	
Hints on choosing	20
Mayonnaise of	176
Réchauffé of	158
Roast	199
To Boil	194
Bone	70
Carve	346
Choose	20
Draw	197
Truss for boiling	194
Roasting	198
French	
Beans, accompaniments	85
Family Soup	36
Pancakes	262
Salad Dressing	59
Freshwater Fish	
Bream	100
Fricandeau	
Chicken	139
Rabbit	160
Sweetbreads	138
Tripe	151
Fritter Batters	264
Fritters	
Apple	265
American	264
Beef	146
Bread and Butter	265
Currant	265
General Directions for making	261
Frozen Meat	69
Fruit	
Bottled	82
Compôtes	277
Dried	82
Buying and storing	22
Pudding, Boiled	254
Salads	278
Sandwiches	294
Soup	45
Storing of	25
Tinned	82
To prepare for Dessert	277
Frying	
Batter	63
Rules for	75
Temperatures	26
GALANTINE	
Beef	171
Chicken	176
Nut	232
Rabbit	174
Veal and Ham	173
Game	
Accompaniments	84
Carving	347
Cassolettes	123
Choosing	20
Cold, using up	86
Cutlets	178
Entrées	144–146
Gravy for	72
Keeping	23
Patties	91
Roasting Time Table	196
Salad	224
Salmi of cold	162
Stocks	31
Timbales of	127
Garlic	348
Garnishing	64–68
Gas Cookers	8
Gâteau of cold meat	148
General Satisfaction Pudding	258
Genoese Pastry	313
German Sauce	61
Giblet	
Pie	240
Soup	37
Gin Cocktail	325
Ginger	
Beer	322
Biscuits	310
Bread	313
Preserved, Imitation	336
Pudding	254
Glass,	
Cleaning of	16
Fireproof, Ware	12
Glaze	
To make and use	47
Globe Artichokes	
Accompaniments	85
Boiled	207
Goose	
Accompaniment	84
à la Bourgeoise	159
To carve	347
Choose	20
Truss	199
Mock	156
Roast	199
Gooseberry	
Chutney	341
Fool	269
Jam	330
Jelly	334
Pie	245
Sauce, Green	57
Grape Fruit Salad	94
Grape Jelly	335
Gravies	46–63
Keeping	23
Made	46
Gravy	
Soup	37
Thickened	72
Using up	86
Green Caps	269
Green Gooseberry	
Chutney	341
Jam	330
Sauce, for mackerel	57
Green Pea	
Purée	228
Soup Maigre	43
Green Peas	
Accompaniment	83
Boiled	216
with Duck	158
Greengage Jam	331
Grey Mullet	107
Grilling, Directions for	76
Ground Rice Blancmange	268
Cakes	314
Pudding	250
Grouse	
Accompaniments	84
Roast	202
Salmi of	144
Gruel	301
Guinea Fowl	199
Accompaniments	84
Gurnets	103
HADDOCK	
Fresh	
Baked	103
Boiled	103
Grilled	289
Smoked, to cook	104
Soup	35
Smoked	104
Croûtes of	281
Hake	104
Hali Glaze Sauce	52
Halibut	104
Ham	
Accompaniments	84
and Fowl Potted	80
Baked	192
Boiled	192
Carving	346
Choosing	20
Devilled	281
en Casserole	12
Fried	288
Grilled	288
Keeping	23
Mousse	174
Sandwiches	291
Soufflé	135
Toast	289
To serve hot	193
Ham and Veal	
Galantine	173
Patties	242
Pie	239
Hard Sauce	
for Plum Pudding	61
Hare	
Accompaniments	85
Forcemeat Balls	65
Hints on choosing	23
Jugged	143
Keeping	22
Roast	202
Sauce for	52
Soup	37
To truss for roasting	202
Haricot	
of Mutton	152
Veal	156
Haricot Beans	226
Boiled	227
Croquettes	227
Soup	41
Hash	481
Herbs	348

	PAGE
Herring	104
Accompaniments	83
Hors D'Œuvre	90
Baked	104
Broiled	105
Fried fillets	105
Roes, Devilled	92
on Toast	281
Stuffed and baked	105
Home-made Bread	306
Honeycomb Mould	271
Hors D'Œuvres	89–94
Horse-radish	214
Sauce	58
Hot Cross Buns	310
Hot Pot	
Lancashire	153
Partridge	161
Household Dishes,	
Plain	146–166
ICED	
Coffee	321
Tea	320
Iceland Moss, To prepare	302
Icing	317–319
Almond	317
Butter	318
Cakes	319
Glacé	318
Directions for	319
Royal	319
Indian Devil Sauce	52
Pickle	339
Pilau	166
Invalids	
Beverages	300
Cookery	295, 303
Irish	
Moss	302
Stew	153
Italian Sauce	52
JAM	
Roly-Poly	254
Rules for making	327
Sandwich, *see Victoria Sponge*	316
Sandwiches	294
Sauce	61
To cover	327
Store	328
Test	327
(*See particular names of fruits*)	
Jellies and Cold Sweets	266–279
Moulds, to decorate and turn out	267
Jelly	
Rules for making	327
(*See particular names of fruits*)	
Jerusalem Artichokes,	207
Accompaniments	85
Boiled	208
John Dory	106
Joints,	
Carving of	342–346
Directions and recipes for Cooking	179–193
Division of Animals into	17–19
Jugged Hare	143
Junket,	
Devonshire	268
Coffee	269
KALE, Curly	213
Kedgeree, Fish	120
Kidneys,	
Devilled	125
Grilled	125
on Toast	125
Kitchen,	
Cleaning	3, 13
Fittings	3
Lighting	3
Maxims	16
Modern	3
Ranges	5
Requisites	4
Utensils	4
Cleaning of	14
Kromeskis, Chicken	126
LAMB	190
Accompaniments	84
Breast, Broiled	190
Carving	343–345
Choosing of	18
Cutlets en Papillotes	132
To Trim	131
with Asparagus	131
Entrées	131, 132
Fillets of	132, 133
Removes	190
Sweetbreads	132
à la Poulette	133
To prepare	133
Lancashire Hot Pot	153
Lard, Keeping	24
Larder, Cleaning of	13
Larding	70
Lax, as Hors D'Œuvre	90
Layer Cake	314
Leeks	214
Lemon	
Barley Water	302
Cheese Cakes	245
Chutney	341
Jelly	276
Marmalade	332
Peel, uses for	87
Sponge	271
Whey	303
Lemonade	323
Lentils,	227
Boiled	227
Curried	166
soup	41
Lettuce	214
Salad	224
Stalks, Preserved	336
Leveret	
à la Chasseur	144
Casserole of	160
Liaisons	49
Lime, Eggs preserved in	25
Liver	
à la Française	155
and Bacon	156
as Mock Goose	156
Farce	64
Loaves, To shape	307
Lobster,	
Broiled	115
Butter	62
Coral	67
Cutlets	115, 168
in Aspic	168
Mayonnaise	169
Mousse	169
Potted	80
Salad	169
Sandwiches	293
Sauce	57
Soup	35
Spawn	67
To dress, Kill and Boil	114–115
Loganberry	
Cream	275
Jam	331
MACARONI	
and Minced Veal	157
Boiled	229
Cheese	230
Soup	45
Macédoine of Vegetables	68
Mackerel	
Accompaniments	83
Boiled	106
Hors D'Œuvre	90
Sauce for	57
To collar	78
Made Dishes	121–166
Fish	81, 82, 118
Madeira Cake	314
Maître d'Hôtel	
Butter	62
Sauce	55
Malvern Pudding	272
Mangoes,	
Cucumbers, pickled as	341
Manhattan Cocktail	325
Marble Veal	80
Marinade for fish	70
Marinating	71
Marjoram	348
Marketing Hints	17
Marmalade	332
Marrow bones, boiled	146
Marrow, Vegetable	
Boiled	221
Pickled	339
Preserved as ginger	336
Soup	42
Stuffed	222
Martini Cocktail	326
Mayonnaise,	
of Fowl	176
Lobster	169
Ravigotte Sauce	59
Salmon	170
Sauce	58
Measures,	
Convenient Household	25
Liquid	26

	PAGE
Meat,	
Accompaniments	83
and Rice cake	149
Cold	
Cannelon of,	147
Gâteau of,	148
Using up	86
Entrées	127
Frozen	69
in Batter	149
Pies	238
Puddings	239
Roly-Poly	240
Salt, to boil	74
Sanders	126
Suitable for Removes	179
Tinned, dishes from	82
To Bone	69
Prepare for cooking	69
Various methods of cooking	72–77
Meatless Dishes	226–234
Melon	
Accompaniments	83
Pickle	340
Salad	94
Melted Butter	51
Sauce	51
Sweet	61
Ménus,	
Bridge Luncheons	357
Children's Tea Party	357
Christmas Dinner	355
Dance	357
How to compile	349
Lenten	358
Older Children's Party	357
Seasonable Breakfasts	350
Dinners	352
Luncheons	351
Vegetarian	358
Wedding Breakfast & Buffet Refreshments	356
Meringued Pears	269
Milk	
and rum	302
Biscuits	310
Keeping	24
Puddings	249–251, 268
Punch	324
Rolls	308
Soup	42
Mince Pie	246
Minced	
Beef	150
Veal and Macaroni	157
Mincemeat	
Rich	246
Mineral Salts, Foods containing	2
Mint	
Julep	326
Sauce	59
Mock	348
Crab Savoury	283
Duck	228
Goose	156
Turtle Soup	38
Moonlight Fizz	326

	PAGE
Iceland and Irish Moss,	
To prepare	302
Moulds,	
Cream, to decorate	267
Honeycomb	271
Jelly, to decorate	267
to turn out	267
Prune	272
Mousse,	
Ham, cold	174
Lobster	169
Mullet,	106
Grey	107
Red, baked	106
in paper	107
Mulligatawny Soup	38
Accompaniment	83
Vegetable	44
Mushrooms,	214
Baked	215
Grilled	215
Sauce, Brown	52
Mussels	116
Mustard Sauce	57
Mutton	
Accompaniments	84
Broth	296
Choosing of	18
Chops en Papillote	299
Cutlets à la Milanaise	134
en Chaudfroid	171
Grilled, au Naturel	133
to trim	131
Entrées	131
Haricot	152
Leg of:	
Boiled	187
Braised	188
Roast	188
To bone	69
carve	345
Loin of:	
Roast	*see* 189
Stewed	*see* 189
To carve	345
Made dishes	152–154
Neck:	
Boiled	*see* 188
Stewed	189
To carve	343
Noisettes à l'Espagnole	134
Pudding	240
Réchauffé of	154
Removes	187
Shoulder of:	
Boiled	*see* 187
Roast	*see* 189
To carve	344
Tea	269
NEOPOLITAN Sandwiches	294
Noisettes of Mutton	
à l'Espagnole	134
Norfolk Dumplings	255
Nut	
Cutlets	232
Dishes	232
Galantine	233

	PAGE
Sandwiches, sweet	294
Stuffing	64
OATMEAL,	
Biscuits	311
Porridge, Scotch	288
Oil, Cooking by	10
Oiled Butter	51
Olives,	
as Garnishes	68
Hors D'Œuvres	92
Stuffed	92
Veal	137
Omelet,	
Plain	285
Soufflé	260
Rules for making	284
Onion	
and Sage Stuffing	66
Sauce	55
Soup	42
Onions,	
Baked	215
Boiled	216
Pickled	339
Tripe and	152
Orange	
and Rhubarb Preserve	336
Jelly	277
Marmalade	332
Peel, uses for	87
Salad	278
Sauce	55
Sponge	272
Orangeade	323
Oven Roasting	72
Ox,	
Division into Joints	17
Heart, roasted	150
Tail	
Soup	33
Stewed	130
Tongue	
Boiled	184
Réchauffé of	150
To carve	346
Serve cold	185
Oyster,	
Forcemeat	65
Fritters	116
Patties	91
Sauce	57
Soup	35
Oysters,	116
Accompaniments	83
au Naturel	93
Boiled	116
Broiled	117
To open	116
PALESTINE SOUP	42
Panada.	65
Pancakes,	
Cream	262
French	262
Savoury	263
Snow	263
To toss	262
Variations	263

	PAGE
Pans, Care and cleaning of	15
Parsley,	348
Garnish	68
Sauce	55
Parsnips	216
Partridge	
Accompaniments	84
Fillets	145
Hints on choosing	20
Hot Pot	161
Roast	203
Salmi of	145
Soufflé	161
Paste, Almond	317
Pasties,	
Cornish	242
Tinned Meat	82
Pastry,	
Croûtons	67
Dishes	235–246
Flaky	236
Genoese	313
Hints on making	235
Puff	236
Raised Pie	237
Rough Puff	236
Short Crust	237
Suet Crust	238
To bake	235
Patties,	
Chicken	91
Dresden	124
Game	91
Oyster	91
Tinned Meat	82
Veal and Ham	242
Peach Flan	243
Peaches in Syrup	278
Pear Flan	243
Pears	
à la Duchesse	272
and Rice	273
in Syrup	277
Meringued	269
Peas,	
Dried, Boiled	228
Purée of	228
Green, Accompaniments	83
Boiled	216
Soup	43
With Duck	158
Pease Pudding	229
Peck, average weights per	27
Perch	107
Perishable Foods, Care of	22
Pheasant	
Accompaniments	84
Cutlets	145
Hints on choosing	20
Roast	204
Phosphorus, Foods containing	2
Piccalilli	339
Pickled Salmon	109
Pickle, For Fish	77
Pickles	327–341
(See various vegetables)	
Pickling:	
Rules for	337
Seasons for	337
Picnic Tea, Menu for	359
Pie,	
Apple	244
Beefsteak	238
Cottage	148
Giblet	240
Meat	238
Mince	246
Russian	243
Shepherd's Pie	148
Veal and Ham	239
Pig's Fry	155
Pig, Division into Joints	19
Pigeon	
Accompaniment	84
Chaudfroid	177
Cutlets	142
Hints on choosing	20
To truss	200
Pike,	107
Baked	108
Pikelets	309
Pilau, real Indian	166
Plaice	108
Plain Household Dishes	146–166
Plover, Hints on choosing	20
Plum	
and Apple Jam	331
Jam	331
Pie	245
Pudding, Hard Sauce for	61
Puddings	255, 256
Pork	191
Accompaniments	84
Chine of	192
Roasted	192
Choosing of	19
Cutlets	135
Broiled	154
Entrées	135
Leg of:	
Boiled	191
Roast	191
To carve	345
Removes	191
Porridge,	
Rolled Oats	288
Scotch Oatmeal	288
Porterhouse Steak	130
Posset, Treacle	303
Pot	
Boilings	31
Roasting	73
Potassium, Foods containing	2
Potato	
Bouchées	122
Cakes	309
Croquettes	218
Salad	225
Soup	43
Potatoes,	
Baked	217
Boiled, New	216
Old	217
Cold, using up	86
Dressing for	59
Fried	217
Mashed	218
Sauté	218
To prepare for garnishing	68
Potted	
Beef	79
Fowl and Ham	80
Lobsters	80
Shrimps	80
Poultry	
and Game Entrées	122, 123, 138–145
Accompaniments	84
Cold, using up	86
Choosing of	20
Entrées	138
Forcemeat Balls	65
Keeping	23
Roasting Time Table	196
Service Dishes, Cold	175–177
Timbales of	127
Prawn Butter	62
Prawns	
as Hors D'Œuvre	90
Boiled	117
Tinned	81
Preserves and Pickles	327–341
Pressed Beef	78
Principles of Cooking	69
Protein, Foods containing	1
Prune Mould	272
Prunes,	
Devilled	283
Stewed	278
Ptarmigan, Accompaniments	84
Pudding,	
Apple	254
Batter	256
Arrowroot, cold	250
Hot	250
Batter, Baked	257
Boiled	251
Beef Steak and Kidney	239
Boiled Fruit	254
Bread and butter	252
Brown Betty	252
Canary	253
Castle	275
Christmas	255
Cocoanut	258
Cornflour	250
Date	254
Fig	253
Fish	297
General Satisfaction	258
Ginger	254
Ground Rice	250
Malvern	272
Meat	239
Mutton	240
Pease	229
Plum, Plain	256
Queen	258
Rabbit	240
Rice, Creamed	268
Semolina	294

	PAGE
Pudding—*contd.*	
Suet	248, 256
Tapioca, with eggs	252
Veal	240
Yorkshire	257
Puddings	
Baked	256–258
Batters and Fritters	261–265
Boiled and Steamed	251–256
To turn out	249
Cold	266–279
Using up	86
Invalids, suitable for	300
Milk	249, 250
Suet	248, 256
Puff Pastry	236
Pulse	
Dishes	226
Foods, to cook	226
Pumpkin	218
Jam	332
Purée	
Chestnut	234
with Beef	130
Directions for making	32
Green Pea	228
Purées	40–44
QUAILS	
Accompaniments	84
Roast	205
To Truss	205
Queen of Puddings	258
Quinces in Syrup	278
RABBIT	
Accompaniments	84
à la Poulette	142
à la Provençale	143
Boiled	195
Cake	172
Fricassée	160
Galantine	174
Gravy for	72
Hints on Choosing	20
Keeping	23
Pudding	240
Roast	200
Soup, brown	39
To Truss for Boiling	195
for Roasting	200
Radishes	219
Ragout	
of Duck	158
Sweetbreads	138
Tinned Beef	82
Ranges, Cleaning Kitchen	5–7
Raspberry	
Cream	275
Jam	331
Jelly	334
Syrup	325
Tart	244
Vinegar	325
Ravigotte Butter	62
Réchauffé,	
of Fowl	158
Mutton	154
Ox Tongue	150
Red Cabbage	211
Pickled	338
Red Currant	
and Raspberry Pie	245
Cream	275
Jam	330
Jelly	334
Pie	245
Red Mullet	
Accompaniments	83
Baked	106
in Paper	107
Removes	179–195
Rhubarb	
and Orange Preserve	336
Ginger	336
Jelly	277
Pie	244
Rice	230
and Meat Cake	149
and Pears	273
Boiled	230
Boiled for Curry	163
Storing	22
Cakes	314
Dishes	230
Croquettes	230
Plain Boiled	256
Pudding, Creamed	268
Soup	45
Water	302
Risotto	231
Rissoles,	123
Beef	126
for Entrées	123
Sauce for binding	55
Roasting,	
Directions for	71, 196
Pot	73
Time Table for	71
Roasts	196–205
Robert Sauce	53
Rock Cakes	314
Roes on Toast	281
Rolls,	
Milk	308
Sausage	242
Wholemeal	308
Roly Poly,	
Meat	240
Jam	254
Roman Pie	241
Rough Puff Pastry	235
Roux	48, 49
Rum and Milk	302
Russian Salad	225
SAGE	348
and Onion Stuffing	66
Sago, Buying and storing	22
Salad,	222–225
Beetroot	93
Caprice	225
Cauliflower	93
Celery	93
Cucumber	224
Chicken	223
Dressings	58–60, 223
Game	224
Fish	224
for Hors D'Œuvres	93–94
Fruit	278
Grape Fruit	94
Lettuce	224
Lobster	169
Melon	94
Orange	278
Potato	225
Preparing vegetables for	223
Russian	225
Strawberry	279
Tomato	225
Turkey	224
Salmi	
of Cold Game	162
of Duck	141
of Grouse	144
of Partridge	145
Salmon	108
Accompaniments	83
Boiled	108
Broiled	109
Mayonnaise	170
Pickled	109
Smoked, Hors D'Œuvre	96
Tinned, with Parsley Sauce	82
Salt	
Beef	74
Cod	102
Eggs, preserved in	25
Salted Almonds	90
Sand Cake	315
Sandwiches	291–294
Quantities for Entertaining	359
Raw Beef	299
Savoury	291–293
Sweet	293–294
To keep	291
Victoria Sponge	317
Sardine	
Croûtons	282
Sandwiches	293
Fried	282
Hors D'Œuvres	90
Sauce	
for a Hare	52
for binding Rissoles	55
using up	86
Sauces	46–63
Cold	48–61
Fish	56–57
Foundation	49–51
Hot Brown	51
Keeping	23
Made	46
Sweet	60–61
White	53–56
Saucepans, Care of	14
Sausage,	
Forcemeat	65
Rolls	242
Sausages,	
Fried	289
Smoked as Hors D'Œuvres	90
Sauté-ing, Directions for	75
Savouries	280–283
Savoury	348

PAGE

Savoury Butters . . 62–63
Scallops . . . 117
Vegetable . . 234
Scones
Drop . . . 308
Plain . . . 309
Stale, using up . 87
Wholemeal . . 309
Scotch
Barley-Broth . . 39
Eggs . . . 287
Shortbread . . 315
Scullery, Cleaning of . 13
Sea Bream . . . 100
Seakale . . . 219
Accompaniments . 85
Boiled . . . 219
Semolina, . . . 231
Boiled . . . 232
Croûtes . . . 232
Pudding . . . 249
Shandy-Gaff . . 326
Shallot 348
Sheep, Division into Joints . . . 18
Sheep's Head,
Boiled . . . 189
Broth, Baked . . 39
Sheep's Tongues, Stewed 134
Sheep's Trotters, Stewed 154
Shellfish . . 113–117
Shepherd's Pie . . 148
Sherry Cobbler . . 323
Shortbread, Real Scotch. 315
Short Cake, Strawberry . 273
Short Crust Pastry . 237
Shrewsbury Biscuits . 311
Shrimps,
Boiled . . . 117
Potted . . . 80
Shrimp
Butter . . . 62
Hors D'Œuvre . . 90
Sauce . . . 57
Silver, Cleaning of . . 16
Silverside of Beef . . 179
Simmering, Temperature for 26
Sirloin,
Carving . . . 342
Roast . . . 183
To dress . . . 183
Undercut of . . 109
Skate
Accompaniments . 83
with black butter . 110
Sloe Gin Cocktail . . 326
Smelts,
fried . . . 110
Smoked Sausages as Hors D'Œuvres . . 90
Snipe,
Roast . . . 204
to truss . . . 204
Snow
Cream . . . 300
Pancakes . . . 263
Soap, buying and storing 22

PAGE

Sodā
Bread . . . 308
Cake . . . 316
Sodium, Foods containing 2
Sole, ... 110
au Gratin . . 111
Fillets . . . 110
Soubise Sauce . . 56
Soufflés,
General Directions for making . . . 259
Chicken . . . 140
Chocolate . . 259–275
Cornflour . . . 260
Fish . . . 298
Ham . . . 135
Omelet . . . 260
Partridge . . . 161
Vanilla . . . 261
Soups
Accompaniments . 83
Browning for . . 32
Cereal . . . 45
Clear . . . 32–34
Cold . . . 45
Directions for making 28–45
Fish . . . 34, 35
in haste . . . 38
Invalids, Suitable for 295–297
Keeping . . . 23
Meat, and Broths . 36–40
Ox-tail . . . 33
Quantity for Entertaining . . . 359
per person . . 32
Thickened . . 32
Tinned . . . 81
White, and Vegetable Purées . . . 40–45
Spatchcock, Grilled . 140
Spawn, Garnish . . 67
Spiced Beef . . . 79
Spices, buying and storing 22
Spinach
à la Crème . . 220
Boiled . . . 219
Soup . . . 44
Sponge,
Cake . . . 316
Lemon . . . 271
Orange . . . 272
Sprats 111
Starch, storing . . 22
Steak 127
à la Châteaubriand, 128
Broiled . . . 183
Fried fillet of . . 128
Porterhouse . . 130
Steak and Kidney
Pie 239
Pudding . . . 238
Steamed
and Boiled Puddings 251–256
Vegetables . . 206
Steaming,
Directions for . 74, 207
Stew,
Arabian . . . 152
Irish . . . 153

PAGE

Stewing, Directions for . 77
Stocks,
Bone . . . 30
Directions for making 28–31
Fish . . . 31
Game . . . 31
Keeping . . . 24
Vegetable . . 31
Stock-Pot, Care of . 28
Store-Room . . . 22
Stoves, Cooking
Management of . . 5
Strawberries
Whole, Preserved . 336
Strawberry
Cream . . . 275
Jam . . . 331
Jelly . . . 334
Salad . . . 279
Short Cake . . 273
Straws, Anchovy . . 281
Cheese . . . 280
Stuffings . . . 64–68
Suet
Dumplings . . 66
Keeping . . . 23
Puddings . 248, 256
To chop for puddings 248
Suet Crust
Pastry . . . 238
Supper Dishes . 167, 284
Sweetbreads
à la Poulette . . 133
Fricassée of . . 138
Ragoût of . . 138
To Prepare . . 132
Sweets,
Dishes, Cold . 266–279
for Invalids . . 309
Melted Butter . . 61
Sandwiches . 293, 294
Sauces . . . 60–61
Swiss Roll . . . 316
Syrup Tart . . . 244
Syrups . . . 324–325

TABLE
Laying of. . . . 360
Service . . 360–363
Tapioca,
Buying and storing . 22
Pudding with eggs . 252
Tartar Sauce . . 60
Tarts 244
(*See particular kinds*)
Tarragon . . . 348
Tea,
Buying and storing . 22
Iced . . . 320
Russian . . . 320
To make . . . 320
Teal 204
Accompaniments . 85
Temperatures
Baking . . . 26
Boiling . . . 26
How to gauge . . 26
Frying . . . 26
Simmering . . 26

	PAGE
Thermometer	
Testing without a	27
Thickened Gravy	72
Thickening for Soups, Gravies, etc.	48, 49
Timbale	
of Cod	167
of Game or Poultry	127
Tinned Foods,	
Buying and storing	22
Fish, Dishes made from	81
Fruit	82
Meat, Dishes made from	82
Prawns	81
Soups	81
Reheating	81
Vegetables	81
Tipsy Cake	274
Toad-in-a-Hole	149
Toast Water	302
Tomato	
Salad	94
Sauce	53
Soup	44
Tomatoes,	
Preserved	337
Stuffed	220
Tongue,	
Ox, Boiled	184
Cold	185
Rechauffé of	150
Sheep's, Stewed	134
Tournedos of Beef	130
Treacle	
Posset	303
Sauce	61
Tart	244
Trifle	274
Tripe	
and Onions	152
Fricassée of	151
To Prepare	151
Trout,	111
Fried	111
Trussing	
Duck	197
Fowls, for Boiling	194
for Roasting	198
Goose	199
Hare for roasting	202
Pigeons	200
Quail	205
Rabbit for Boiling	195
for Roasting	200
Wild Duck	204
Tunny Fish	
as Hors D'Œuvre	90
Turbet	
Accompaniments	83
Boiled	112
Turkey	
Accompaniments	84
Chaudfroid	177
Fried	160
Hints on choosing	20
Legs, Devilled	159
Roast	201
Salad	224
To bone	70
Wings Braised	142
Turnips,	221
Mashed	221
USING UP,	
The Art of	85
Utensils,	
Care of	14
Kitchen, Requisite	4
VANILLA SOUFFLÉ	261
Veal	185
Accompaniments	84
Blanquettes of	136
Broth	40, 257
Cake	172
Carving	343
Choosing	18
Cream	172
Cutlets	136
à la Milanaise	137
Entrées	136
Fillet of Roast	187
Forcemeat Balls	65
Gravy for	72
Haricot	156
Marble	80
Minced, and macaroni	157
Olives	137
Pudding	240
Removes	185
Stewed, and Green peas	186
Tea	296
Veal and Ham	
Galantine	173
Patties	242
Pie	239
Vegetable	
Accompaniments	85
Cutlets	234
Dishes and Salads	205–225
Garnishes	68
Mulligatawny Soup	44
Salads, To prepare	223
Scallops	234
Stock	31
Vegetable Marrow	221
Accompaniments	85
Boiled	221
Jam	332
Pickle	339
Preserved as ginger	336
Soup	42
Stuffed	222
Vegetables	
Boiling	206
Braising	207
Cold, using up	86
Choosing	22
Hints on Cooking	206
Macédoine of	68
Seasons for Pickling	337
Steaming	
Stewing	
Storing	
Tinned	
Venison	
Accompaniments	
Choosing	
Hanging	
Keeping	
Removes	
Roast Haunch of	
Victoria Sponge Sandwich	
Vitamins, Food containing	
Vol-au-Vent Cases	
WALNUTS, Pickled	
Washing up	
Watercress Butter	62,
Waterglass	
Weighing without a machine	
Welsh Rarebit	
Wheatear,	
Roast	
to Truss	
Whey	
Lemon	
Whipped Cream	
Whitebait	
Accompaniments	
Fried	
White	
Breadcrumbs	
Celery Sauce	
Chaudfroid Sauce	
Currant Jam	
Jelly	
Roux	
Sauce	
Sauces	
Soups	40
White Wine Whey	
Whiting, Fried	
Wholemeal	
Bread	
Rolls	
Scones	
Widgeon	
Accompaniments	
Wild Duck	
Accompaniments	
To truss	
Roast	
Wild Fowl, Sauce for	
Wine,	
To serve	
White Whey	
Windsor Beans with Butter	
Woodcock	
Roast	
To truss	
YEAST, To Cream	
Yorkshire Pudding	

PRINTED BY PURNELL AND SONS
PAULTON (SOMERSET) AND LONDON